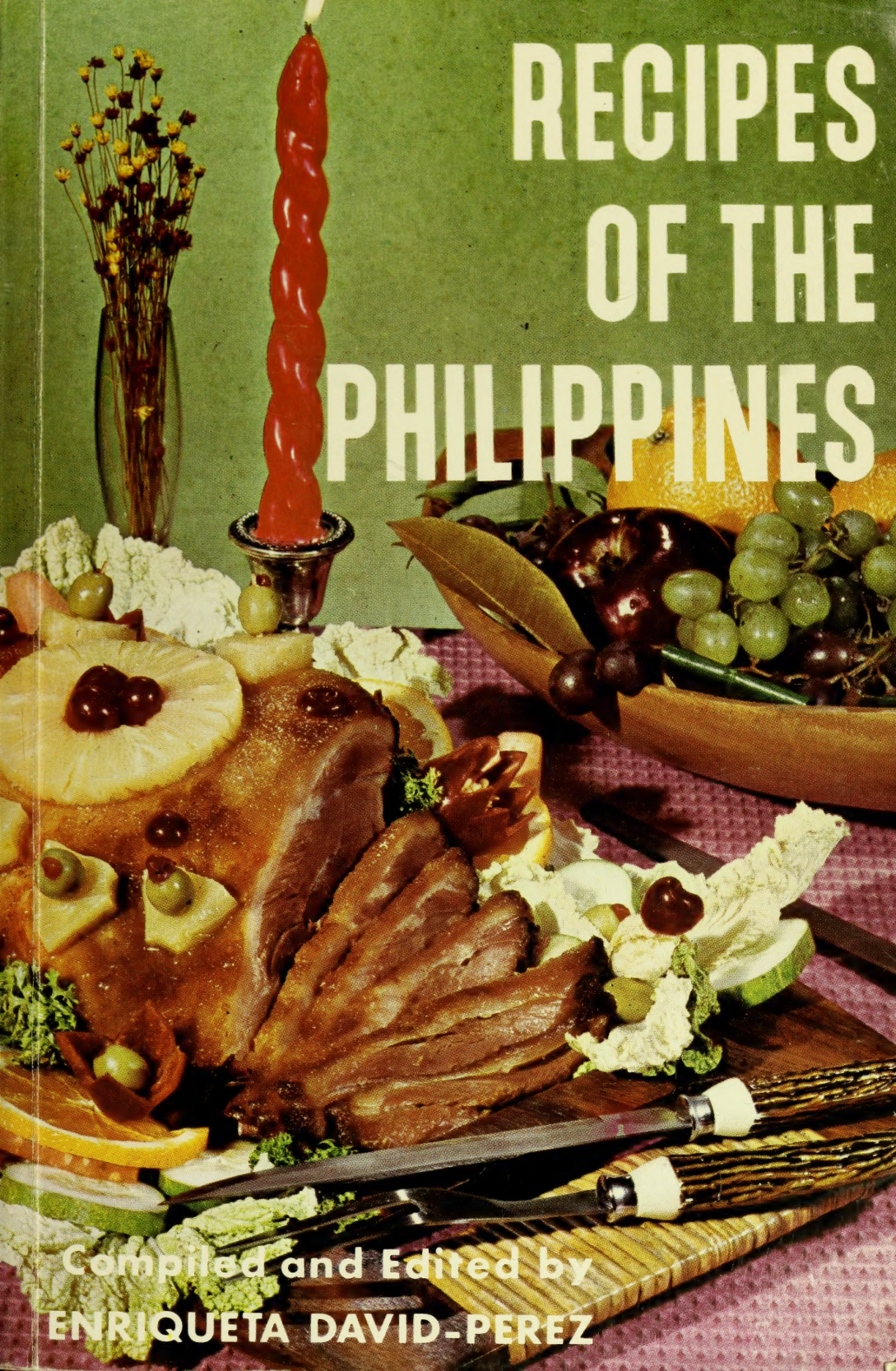
RECIPES OF THE PHILIPPINES



Compiled and Edited by

ENRIQUETA DAVID-PEREZ

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Recipes of the Philippines

Compiled and Edited

by

ENRIQUETA DAVID-PEREZ

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To all who have helped make this printed collection possible, I am very grateful. I thank especially Sabina Mejia Perez, Celedonia Ongpin Villacorta, Vicenta C. Evangelista, Epifania V. David, Alicia Palma Bautista, Emiliana Capati, M. L. Francisco, Carmen Adriano and Maria Luisa David and the late Maria Y. Orosa.

While many of the recipes given here are old ones and never saw print before, a number of them are adoptions from the Institute of Nutrition, Home Extension Service Bureau, Philippine Manufacturing Co., National Teachers College, and the Philippine Women's University. The recipes were all tested and adjusted to popular taste. Here's hoping you'll find them all pleasing.

Happy cooking!

E.D.P.

Cover Illustrations — *Courtesy of B-Meg Feeds Farmer's Almanac*

Lumpia with Ubod

Courtesy of the Plaza

Pancit Molo, Chicken Relleno, Jamon en Dulce, Pancit Luglug, Lechon de Leche, Chicken Pork Loaf, Caldereta, Paksiw na Pata, Menudo, Lengua Estofada, Chicken Curry, and Arroz Valenciana.

Courtesy of
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INTRODUCTION

Part of Philippine history is a record of the inhabitant foreigners—the Indonesian adventurer, the Chinese trader, the Spanish governor, the American schoolmaster, to mention the more important—who have influenced not only Filipino thinking, art and fashion, but also food tastes and practices.

Filipino cookery, though betraying foreign marks, is still highly characteristic and national. To the Filipino, there is no substitute in all the world for it.

Like the Filipina dress, which has happily submitted to revisions imposed by contemporary speed and accepted practicability, Filipino cookery has gradually discarded its traditions of methods, and has acceded to can opening and pressure-cooking. It has however, retained its precious flavor. It seems then that native delicacies that take time and patience to prepare are out of place. One must remember that it was hospitality and neighborly assistance that made one enjoy spending hours in primitive—by present standards—kitchens.

To those who, like me, look to traditions and native cooking as some treasured, surviving emblem of something dear in a speedily changing world, I dedicate this collection of recipes. Some of them have been reconstructed from now illegible hand-written notes from another age; some from careful instructions of grandmothers; some were contributed by friends.

This is not a complete collection of Philippine dishes. These are the recipes with a more or less general appeal that give a good glimpse of the Filipino heart.

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REMINDER

Yesterday's homemakers relied on her judgment for measurement. She had no measuring cups and spoons, no thermometers. The success of her cooking depended solely on her mastery of food combinations and flavoring to suit her taste and on methods of cooking she's found practical through constant application. We have in this book, translated much of yesterday's guess-work into definite amounts measurable by cups and spoons. But tastes vary, and what's pleasing to one is not always acceptable to another. So use your judgment and vary seasoning amounts as you please. One little reminder: in boiling, the heat should be sufficient to keep the food at simmering point; at no time should it cause vigorous boiling. In deep fat frying, make sure the fat is hot and you'll have less grease adhering to your fried foods. In preparing most sauteed dishes that call for garlic, onion and tomato, saute the garlic till brown before adding the onion and wait till onion wilts before adding the tomato. Wait for tomato to cook before adding the rest of the ingredients. In cooking dishes with vinegar, never use aluminum pots or pans. After adding vinegar to a cooking dish, do not stir until mixture has boiled.

E.D.P.

Fiesta Fare

Filipino hospitality is a legend. A Filipino thinks nothing of starving himself or getting into debt to be a perfect host. Fiestas *in the country call for lengthy food preparations. These, often, are occasions for working-together days and nights ahead, for killing the fatted pig and chickens and setting a lavish table from breakfast-time to the wee hours of evening. For a fiesta is also a special occasion for thanksgiving.*

Here are favorite FIESTA specials:

ARROZ A LA CATALAÑA

1 young chicken
1 cup fresh medium-sized squid
2 cups cubed pork
1 small can tomato paste
1 cup olive oil
2 Chorizos de Bilbao
4 large shrimps
3 cups fresh clams
3 cups rice
2 onions
1 small head garlic
1/4 cup rum
1 cup drained, canned peas
Salt and pepper to taste

Brown the chicken, squid, pork in oil. Steam the clams to open the shells. Simmer the shrimps in rum for 10 minutes, then cut them (with the shell) crosswise about 1 inch in length. Set aside.

In a deep frying pan, pour 1/2 cup of olive oil. Add the garlic and fry until golden brown. Add the onions and then the rice (washed and drained). Stir mixture in oil about 2 minutes before adding the tomato paste and salt and pepper to taste. Add water in which the clams have been steamed and enough water to make 6 cups (more if the rice is not of a fresh harvest). Bring to a boil, covered, then allow to simmer a few minutes. Add the fried chicken, squid, pork, shrimps, and chorizo. Cover and continue simmering until rice is tender. Add peas. Turn off heat. Arrange clams in their shell on the rice mixture and cover well about 10 minutes before serving hot.

ARROZ A LA VALENCIANA

1 young chicken cut into regular pieces
1/2 kilo meat, also cut into regular pieces
2 pieces Chorizos de Bilbao, sliced
6 potatoes, quartered
1/2 cup shortening
2 segments garlic, macerated
1 onion, sliced
1 cup tomatoes
Salt, pepper and paprika to taste
Slices of sweet red pepper
1 cup sweet peas
1/4 cup olives
Slices of hard-boiled eggs
3 cups rice, boiled in 3 cups water and 2 cups coconut milk and
1 teaspoon salt

Season with salt and pepper the meat of chicken and pork and fry until slightly brown. In a deep pan with cover, fry in the order given, the garlic, onions and tomatoes. Add the potatoes, then the chicken, the pork and the chorizos. Mix well, cover the pan and cook until the meat and potatoes are tender. Add water if necessary. Add the sweet pepper, sweet peas and olives. When the meat and vegetables are done, remove some of the stock from the pan and set aside. Add to the meat mixture the cooked rice, and mix thoroughly with a wooden spoon until well blended. Add remaining stock and seasoning to taste. Cook on low heat until mixture becomes quite dry. Garnish top with sliced hard-cooked eggs, stuffed olives and red pepper slices.

Arroz a la Valenciana

Rellenong Bangus

Beef Steak

CALDERETA

1 kilo goat's meat cut into pieces
1 cup fat or salad oil
5 segments garlic, crushed
6 potatoes, halved or quartered
1 large onion
Slices of hard-cooked eggs
Meat stock or water
6 tomatoes sliced
Paprika, salt and pepper to taste
Liver mixture
1 cup sweet peas
Sliced pimientos morrones
1/2 cup chopped ham

Heat the fat, and brown the garlic. Remove the garlic and saute the onion and tomatoes, then add the meat and seasonings. When partly cooked, transfer the mixture into a deeper pan, then add stock to cover the mixture. Cook until meat is almost tender. Add the potatoes and continue cooking. When meat and vegetables are tender, add the liver mixture to thicken the gravy. Add pimientos, peas and ham. Serve hot and garnish top with slices of hard-cooked eggs and chopped ham.

LIVER MIXTURE FOR CALDERETA

To 1/4 kilo cooked ox liver passed thru a food grinder, add:
2 tbsps. bread crumbs
2 tbsps. vinegar
Salt and pepper to taste
1 cup stock
Sugar to taste

Mix the above and strain into the caldereta mixture.

CALLOS CON GARBANZOS

1 kilo goto
1 calf's pata
4 tablespoons olive oil
1 small head garlic
1 big onion
2 chorizos de Bilbao
1 small can tomato puree
1 small can pimientos morrones
1/2 cup green olives
2 cups cooked garbanzos
Salt and pepper to taste

Clean goto very well. Place pata and goto in a deep saucepan and add just enough water to cover. Bring to a boil and let simmer, well covered, until very tender. Remove bones from pata and cut into 1 inch x 1/2 inch pieces. Cut goto into 1 inch x 1/2 inch pieces. Remove fat or "cebo" from liquid. Simmer down liquid to only 2 cups. Chop the garlic fine, peel and slice onions. Slice chorizo de Bilbao crosswise.

Fry garlic in olive oil until golden brown. Remove from oil and fry onions. Add tomato puree and 1 cup of the liquid in which pata and goto have been cooked. Add pimientos, fried garlic, goto and pata, olives and garbanzos. Add the rest of the liquid and salt and pepper to taste. Simmer 5 minutes. Serve hot

CHICKEN-PORK LOAF

Meat of whole chicken
1/2 kilo pork (with fat)
1 Chorizo de Bilbao or slices of Chinese ham
1 onion
4 large ripe tomatoes (seeds removed) or 1 can tomato sauce
1 cup bread crumbs
4 eggs
Salt to taste
1/2 tsp. ground pepper
1/2 cup milk (preferably fresh)
1 small package raisins
1 small can sweet peas

Grind the chicken meat and pork with the Chorizo de Bilbao, onion, tomatoes, and bread crumbs. Mix thoroughly the salt, eggs, ground pepper, and milk; then add the rest of the ingredients. Pack a well greased loaf pan or pyrex casserole. Steam or bake in moderate oven until the loaf is firm and dry. Serve whole or sliced.

CHICKEN RELLENO—1

1 large chicken
1 kilo pork, ground fine
1/4 kilo cooked ham. sliced into strips
2 pieces sweet pickles
3 tbsps. toyo
2 tbsps. calamansi juice
2 Chorizos de Bilbao, chopped fine
2 hard-boiled eggs, quartered
3 eggs, unbeaten
1/2 cup grated cheese (de bola)
Salt and pepper to taste

Prepare chicken for stuffing, removing all bones, leaving skin, wings and legs intact. Soak in calamansi and toyo. Mix ground meat and unbeaten eggs, chorizos, cheese and salt and pepper to taste. Stuff chicken with meat mixture, placing quartered eggs, ham slices and pickles in center of mixture. Sew up opening and steam for 2 hours in a tightly covered container. When cooked, brown in deep hot fat. Serve in slices with sauce made by thickening broth in which chicken was steamed.

SAUCE:

For every 2 cups broth use 2 tablespoons flour and toyo to taste.

To prepare, saute 3 cloves of minced garlic in 2 tablespoons lard. When brown, add flour and then the broth and toyo. Cook over low heat for 10 minutes, stirring constantly.

CHICKEN RELLENO—2

1 big chicken
1 kilo pork or chicken meat
1/4 cup seedless raisins
1 small can sweet pickles
4 tablespoons lard
2 hard-cooked eggs
2 ripe tomatoes
1 small can peas
1 tablespoon catsup (if desired)
1 onion
Salt and pepper

Dress and bone the chicken. Grind the pork or chicken meat. Mince the onion and the tomatoes. Chop pickles. Heat the lard. add the onion, tomatoes, ground meat, raisins, peas, pickles and catsup; cook until the meat is done. Season to taste. Add chopped hard-cooked eggs. If necessary moisten the mixture with a little stock made from the liver, gizzard and bones.

Stuff the boned chicken with the mixture; sew up the opening. Wrap the chicken in cheesecloth. Cover with water and simmer until tender. Remove from the kettle and fry, browning all sides evenly. Serve with giblet gravy prepared as follows: Chop the giblets; dredge with flour. Saute in a little lard, garlic and onions, add stock, mashed liver and giblets, season with salt and pepper. Cook until thick. Strain before serving.

CHICKEN PASTEL

young chicken
Spanish sausage (Chorizo de Bilbao)
can Vienna sausage
can drained peas
lemon or dayap
tbsps. soy sauce (toyo)
hard-boiled eggs
tbsps. butter
cups cold water
Salt and pepper

Dress and bone the chicken. Cut into small pieces and place n a bowl. Squeeze the lemon into the chicken and add the toyo. Let stand for 15 minutes. Put in a saucepan with water and salt nd pepper to taste and simmer until the meat is tender and most f the liquid has evaporated. Slice the hard-boiled eggs, Vienna ausage and chorizo. Fry the cooked chicken and chorizo in butter ntil brown. Remove from pan and place in pastelera (or a pyrex erving dish) with the remaining sauce. Arrange the sliced eggs, eas and Vienna sausage on top of the chicken, then let cool.

Cover top with pie crust. Press edges. Bake in moderate oven ntil brown. Serve hot.

EMBUTIDO—1

1 kilo ground pork
1 cup bread crumbs, soaked in 1/2 cup milk
2 Chorizos de Bilbao, chopped fine
2 eggs, beaten
3 tbsps. sweet pickles, chopped fine
3 tbsps. seedless raisins
Salt and pepper to taste

Mix all ingredients.

Wrap up in a clean piece of cheesecloth and tie securely a both ends. Sew up opening.

Place in saucepan with just enough chicken or meat broth t cover. Bring to boil and simmer until done. Cool.

Unwrap before serving, slice into pieces and serve with liv or tomato sauce.

To make sauce, boil broth in which roll was cooked, simme ing it down to desired quantity. Thicken with liver paste or t mato puree and season to taste with salt and pepper.

EMBUTIDO—2

1 kilo ground pork
1 raw egg
Salt and pepper to taste
4 tablespoons flour
Sliced sweet pickles
3 hard-cooked eggs
2 native sausages (cooked)
Meat broth

Mix the first 4 ingredients. On a piece of clean cloth, sprea the mixture. Arrange sliced pickles, hard-cooked eggs and sausag on mixture. Roll into shape and wrap. Tie at both ends, sew u opening, cover with broth and simmer until done. Cool. Unwra before serving and slice. Serve with tomato sauce.

JAMON EN DULCE

Boil ham for twenty minutes in enough vinegar and water to cover. Remove from liquid and scrape off all dirty parts. Boil again (with thyme, cloves, cinnamon, laurel, oregano, 1 head garlic, 1 cup sugar, 1 cup of Anizado wine, or 1 bottle of Cerveza Negra), in enough water to cover. Cook until ham is tender. Remove skin and coat with sugar or caramelo. Brown top under broiler or by applying a red-hot pancake turner on sugar coating.

LENGUA

1 fresh ox tongue
1 Chorizo de Bilbao or slices of Chinese ham
1 can mushrooms
1 can tomato sauce
1/2 cup sliced carrots
2 sweet red and green peppers, quartered
1 can sweet peas
6 or more bananas (saba) cut as desired, then fried
Soy sauce to taste
1/4 tsp. ground pepper
1 tsp. Worcestershire sauce
5 tbsps. flour
5 tbsps. margarine
Salt and pepper

LECHON DE LECHE

Clean well a small pig, drain and stuff with tamarind leaves. Truss it with skewers or with string. Put stuffed pig on rack in dripping pan, brush entire surface with melted lard and pour 2 cups of boiling water over the pig. Cover the skin with greased paper and roast in a moderate oven about 4 hours, basting every 15 minutes with liquor from the pan or thrust bamboo pole through pig and roast turning slowly, over charcoal fire. Serve with liver sauce.

Clean tongue thoroughly, scald and remove outer skin. Cook slowly in boiling water to cover, adding more water whenever necessary. When tender, add chorizo, soy sauce, tomato sauce, ground pepper, Worcestershire sauce and salt and pepper to taste.

In another pan, melt margarine, then add flour and blend. Add 4 cups of liquid in which tongue was cooked and stir until thick. Add this sauce to the tongue; add carrots, mushrooms, sweet peas, sweet peppers and cook for a few more minutes.

Serve in slices garnished with slices of chorizo, fried banana and other vegetables.

LENGUA MECHADA

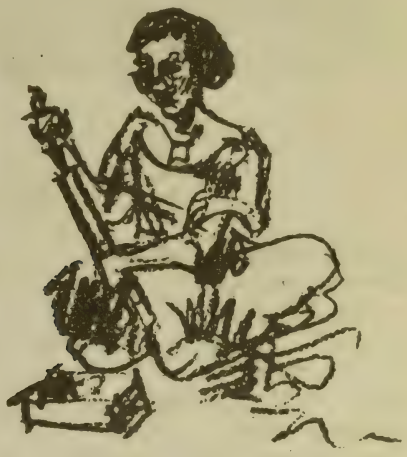
1 ox tongue
1 small can tomato sauce
6 strips ham with fat or bacon
1 pinch of mustard
1/2 cup white wine
1 clove of garlic
5 tbsps. butter or lard
1 small can mushrooms
Salt and pepper to taste

Scald the tongue and remove the outer skin. Wash with cold water. Insert the strips of ham lengthwise. Put butter or lard in frying pan and brown the tongue. Add the garlic, and fry until brown. Add the salt, pepper and mustard. Transfer the mixture into a kettle. Add the wine, cover and simmer until the tongue is tender. If necessary add water from time to time. When soft remove from kettle, slice tongue into rounds. Return tongue in the frying pan and add tomato sauce, butter, and mushrooms. Simmer and when blended remove from fire. Serve hot.

LIVER SAUCE FOR LECHON—1

1 small can liver paté
1/3 cup vinegar
1-1/4 cups water
6 cloves Tagalog onions, chopped fine
8 cloves garlic, pounded
2 tbsps. lard
1/3 cup powdered biscocho
1/3 cup sugar
3/4 teaspoon black pepper
Salt to taste

Mix liver paté, vinegar, water, biscocho, sugar, salt and pepper and blend well. Saute garlic in lard. When brown set aside, leaving only about 1 teaspoon (garlic) in lard. Add onions and fry until tender. Add liver mixture. Cook over low heat, stirring constantly. Serve topped with the rest of the browned garlic.



LIVER SAUCE FOR LECHON—2

1 whole pig's liver, roasted
1 cup or more water
1 head garlic, minced and browned in
4 tablespoons lard
1/4 cup vinegar
1/4 cup sugar
1/4 cup bread crumbs
1 tsp. black pepper
Salt to taste
1 tbsp. chopped onion

Pound or grind the pork liver. Add the water and strain. Saute onion. Add liver, bread crumbs, vinegar, salt and sugar. Add the browned garlic and lard. Season with pepper, cook until thick.

Paella

PAELLA

1 frying chicken, cut into serving pieces
3/4 cup olive oil
1 pound slab bacon, cut into 1-inch cubes
1 head garlic, peeled and chopped fine
2 big onions, sliced
1 can tomato puree
1 teaspoon paprika
2 cups rice
6 prawns, boiled
2 crabs, boiled and quartered
20 big clams, boiled in 5 cups water
5 cups water in which clams were cooked
1/2 cup canned peas, drained
1 can sweet pepper or 1 large sweet pepper, cut into eights
Salt and pepper

Fry the chicken pieces in oil and set aside.

Fry garlic in remaining oil until brown. Add onion then the bacon cubes and fried chicken. Add the tomato puree, paprika, sweet pepper, and the water in which clams were cooked. Add rice and allow to simmer until mixture is almost dry and the rice cooked. Add the prawns, crabs, clams and peas and cover well. Continue cooking over low heat until all the water has evaporated. Add salt and pepper to taste. Serve hot.

PANCIT MOLO

1 cup ground pork
1/2 cup cooked, flaked chicken
Toyo to taste
2 eggs
3 tbsps. chopped green onion
Pinch of pepper
1/2 cup shelled fresh shrimps (sliced)
1/4 head medium-sized garlic (chopped)
1/2 medium-sized onion (chopped)
1/4 cup chopped apulid (Chinese chestnut) either boiled or canned

Combine all ingredients. Divide the mixture into two and wrap one-half of the mixture by teaspoonfuls in Pancit Molo wrapper. Set aside the remaining half for the broth.

To make wrappers: sift together 2 cups flour and 1/4 teaspoon salt. Add the yolks of 3 eggs and knead with the fingers. Add 1/4 cup water and work until the dough becomes very smooth and fine. Roll out on a floured board to about the thickness of paper. Cut in small triangular pieces about 3" x 3". Prepare:

20 cups chicken broth
1/2 head garlic (chopped)
Pinch of pepper
1/4 cup lard
1/2 medium-sized onion (chopped)
Salt to taste
3 tbsps. green onion (chopped)

Saute garlic and onions. When slightly brown add remaining half of the stuffing mixture and cook for about 5 minutes. Add chicken broth and bring to a boil. Drop stuffed wrappers in the broth. Season with salt and pepper. Cover and boil for 15 minutes. Makes 20 servings.

PASTELITOS DE PESCADO

4 cups flour
12 tbsps. butter
4 egg yolks
1 tsp. sugar
1 tsp. salt

Sift the flour, salt, and sugar. Work in the butter with tips of the fingers and fold in the well-beaten yolks of 4 eggs.

Sprinkle with enough cold water to bring the mass together, and work very lightly with the fingers. Place the dough on a floured board and roll to about 1/8 inch thick. Cut into 2 equal parts. On one part spread evenly the filling, made as follows:

1 onion, chopped fine
2 tomatoes, roasted, skin and seeds removed, and chopped fine
2 cups flaked fish
3 Vienna sausages, chopped fine
4 tablespoons grated cheese
4 tablespoons chopped ham
Salt and pepper to taste

Saute the onion and tomato in butter. Add the fish, sausage, and ham, and cook 3 minutes longer. Then add the grated cheese. Season to taste.

Cover with the other sheet of dough rolled out to 1/3 inch thick, and press gently with a rolling pin. Cut in rectangles 3 inches long and 1 inch wide.

Place in a buttered and floured pan, brush with lightly beaten yolks of eggs, and bake in a moderate oven until brown.

Everyday Dishes

There is not much difference between the midday and evening meal in this country. In fact, more emphasis is given to the midday meal. Soups are served as the first course of the formal luncheon or supper. For ordinary family-eating-together soup appears at the table, not always as a first course but as a substantial meat or fish dish with broth. For this reason I placed no distinction between soup and main course in this chapter.

ADOBO

1 kilo pork, cut into pieces about 2 inches long and 1-1/2 inches thick
1 head garlic, pounded
4 teaspoons salt or toyo to taste
1 teaspoon black pepper, ground
1 tablespoon lard
2 cups water
1/2 cup vinegar (native)

Place the pork in a saucepan. Add vinegar, garlic, pepper, salt or toyo and water. Cover the saucepan and cook slowly until the meat is tender and most of the broth has evaporated and only 1/4 cup remains.

Drain, separate the pieces of garlic from the pork and fry in lard until brown. Add the pieces of pork and fry until brown. Add the broth and let simmer about 5 minutes. Serve hot.

Adobo

ADOBO (CHICKEN)

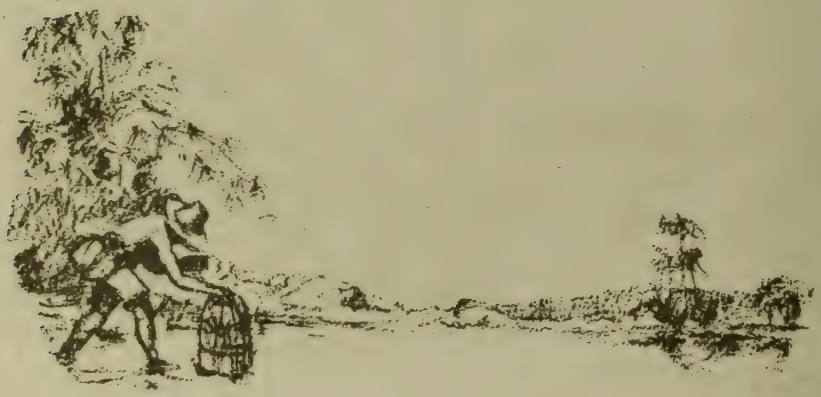
1 chicken, regular size
1/2 cup vinegar
1 clove garlic
Salt to taste
Black pepper
1/2 bay leaf
Lard
2 cups water

Clean the chicken, cut into pieces. Add the salt, minced garlic and pepper to the chicken. Put in a kettle and add the bay leaf, vinegar and water. Cover and let simmer until the chicken is tender and the liquid has practically evaporated. Add fat and fry meat until brown. Serve hot or cold.

If you prefer this with coconut milk, add thick coconut milk and simmer for a few more minutes.

ADOBO A LA MONJA

Cook chicken adobo until all the liquid has evaporated. As soon as it dries up, add pineapple cubes, fresh or canned, ripe tomato halves and a little butter or pork fat. Cover well and simmer together in its own juice. Serve hot.



ADOBONG LABONG

3 cups labong, minced and blanched
1/2 cup pork, boiled tender and minced
1/2 cup shrimps, minced
5 segments garlic, chopped
4 tablespoons vinegar
1-1/2 tablespoons patis
1 medium-sized onion, chopped
2/3 cup shrimp and meat stock
5 tablespoons fat

Brown garlic and onion in fat. Add pork and shrimps. Continue cooking mixture in fat, stirring constantly until shrimps are almost cooked. Add patis and stock and then labong. Simmer until labong is cooked and then add vinegar. Continue simmering until almost all liquid has evaporated. Add fat and cook about 6 minutes more. Season to taste.

Caldereta

Chicken Curry

ADOBONG PUSIT (Squid)

1/2 kilo squids (medium-size)
5 cloves garlic, pounded
1 small onion, sliced
1/2 cup vinegar (native)
2 cups water
2 tablespoons cooking oil
Salt or soy sauce to taste
Pepper to taste
2 large tomatoes, sliced

Wash and clean the squids very well. Put them in a saucepan (not aluminum) with the vinegar, garlic, pepper, salt or soy sauce and water. Cover and cook slowly until squids are tender. Drain, separate the garlic and fry until brown. Add the sliced onion, then the tomatoes. Add squids and continue to cook a few minutes. Add the broth in which the squids have been cooked and bring to a boil.

ADOBO WITH COCONUT SAUCE

1 fat chicken cut into pieces
1/2 kilo pork cut into pieces
1 head garlic, chopped fine
Achuete for coloring
1 cup water
1 cup pure coconut milk
1/2 cup vinegar
Salt and pepper

Simmer chicken, pork, garlic, vinegar, water, salt and pepper, until tender. Color with achuete. Add coconut milk and simmer five minutes longer.

ALIMANGO IN TAUSI

3 large fat crabs (alimango)
1 small can tausi
1/4 cup vinegar
2 tablespoons cooking oil
1/2 cup sliced native onions (sibuyas Tagalog)
1/4 cup peeled ginger sliced into thin strips
1 small head garlic, minced
1/2 cup sliced ripe tomatoes
2 cups water
Salt to taste

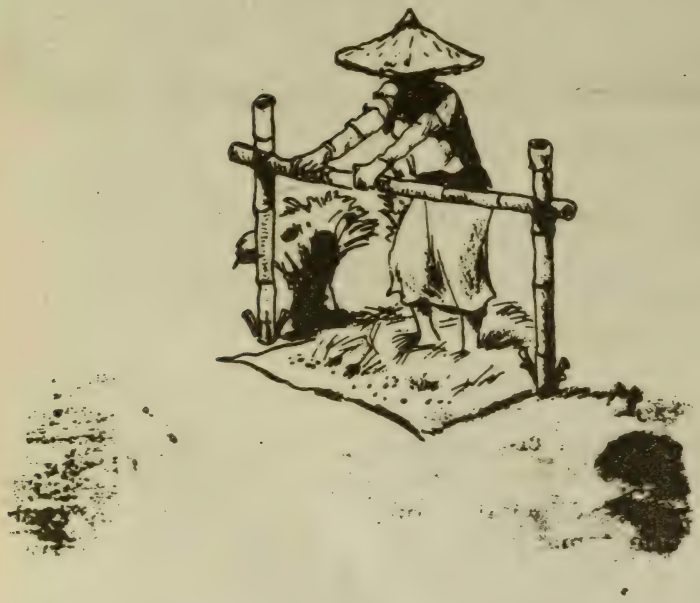
Clean whole crabs, remove pinchers. Remove shells and set aside. Cut crabs into two, crosswise. Scrape out fat from shells and set aside.

Saute garlic in oil. When it begins to brown add onions and ginger and, later, the tomatoes. Simmer about 2 minutes. Add tausi, then the vinegar. Bring to a boil without stirring, then add crabs and fat removed from the shells and simmer a few minutes. Add water and cook covered, stirring occasionally, until the crabs are pink and thoroughly cooked. Correct seasoning, adding salt to taste.

ALMONDIGAS

1 cup ground pork
1 egg
1/2 cup ground shrimp meat
1 tablespoon shortening
1/2 cup misua
2 cloves garlic
1 minced onion
Shrimp extract
Salt or patis to taste
1 tbsp. chopped green onion
Pepper to taste

To the pork and shrimp add green onion, egg and the desired seasonings and shape into small balls about the size of a small native lemon. Saute the garlic and onion and add shrimp extract with about 3 cups of water. When the mixture boils, drop the meat balls one by one into boiling mixture. When meat balls are cooked, add misua and immediately remove from fire. **Add salt or patis and pepper to taste. Serve hot.**



AMPALAYA—1

1/2 kilo ampalaya
1/4 kilo shrimps, peeled
1/4 kilo pork
1 onion
2 pieces garlic
4 ripe tomatoes (1 cup)
2 eggs
3 tablespoons lard
1 cup shrimp liquor
Salt and pepper to taste

Divide the ampalaya and remove the seeds. Slice them thin, crosswise. Peel the shrimps. Cut the pork into small pieces. Roast tomatoes, peel them and remove seeds then chop. Beat the eggs. Saute the garlic, onion and tomatoes in frying pan. Add the pork and the shrimps then the shrimp liquor. Simmer until meat is tender. Add the sliced ampalaya and continue simmering until ampalaya is crisp-tender. Season to taste. Add the beaten eggs.

AMPALAYA—2

1 kilo large ampalaya
1 cup shelled shrimps
1/4 kilo sliced pork
1-1/2 cup shrimp juice
10 large ripe tomatoes
1/4 cup lard
1 onion
3 cloves garlic
3/4 cup vinegar
Salt and pepper

Divide ampalaya, remove seeds, and slice thin crosswise. Saute garlic and onion in hot lard, then add pork and tomatoes. Continue cooking until lard begins to sizzle. Add shrimps and when almost cooked add shrimp juice, stirring to avoid curdling. When mixture starts to boil, add vinegar; cook for 3 more minutes then add ampalaya. Continue cooking until ampalaya is crisp-tender. Add salt and pepper to taste.

AMPALAYA WITH COCONUT MILK

2 coconuts
2 cups water
1/2 to 1 cup bagoong alamang (not too salty) (use only 1/2 if bagoong is salty, 1 cup if it is not too salty)
3 medium-sized ampalaya
2 cloves garlic, whole unpeeled

Wash ampalaya well and slice into 3/4-inch squares after removing seeds. Do not wash after slicing.

Extract milk from coconut, using the 2 cups water.

Cook coconut milk with garlic cloves. As soon as it begins to coagulate, add bagoong. When oil begins to form, add the ampalaya and continue cooking without stirring, until ampalaya is just crisp-tender.

ARROZ A LA CUBANA

1/2 cup ground pork
1/2 cup ground beef
1/4 cup raisins
2 cloves garlic, crushed
1/4 cup sliced onion
1/4 cup sliced tomatoes
4 saba bananas
Cooking oil
Salt and pepper to taste
Cooked rice
Fried Eggs

Peel saba bananas and slice lengthwise. Fry in cooking oil.

Saute garlic in 1 tablespoon oil until light brown. Add onion and cook until onion slices are transparent. Add tomatoes and when cooked, add the ground meats. Cook covered for about 10 minutes or until pork is cooked. Add raisins and cook another 5 minutes, stirring constantly. Season to taste.

Arrange freshly cooked rice on platter and over it, place meat and raisin mixture. Arrange fried bananas around rice. Just before serving, fry eggs and arrange on top.

ARROZ A LA FILIPINA

1/2 cup boiled "malagkit"
1/2 cup boiled rice
1 small chicken
3 cloves garlic
Small onion
3 ripe tomatoes
1 cup water
3 tbsps. lard
3 medium-sized green peppers
1 small package raisins
1 hard-cooked egg
Achuete
Salt and pepper

Dress the chicken and cut into small pieces. Slice the tomatoes and the onion. Soak the achuete in a little amount of water and set aside.

Saute the garlic, onion, tomatoes, and chicken. Add salt and pepper to taste. Cover. When chicken is brown add water and cook until tender. Then add the sliced pepper and cook for a few minutes. Add the achuete water for coloring, then boiled rice, malagkit and raisins. Stir the mixture from time to time to prevent burning. Continue cooking on low heat. Garnish with hard-cooked eggs.

ARROZ A LA LUZONIA

4 ripe saba bananas, sliced and fried until brown
1/4 cup boiled, shredded chicken
1/2 cup pork, cut in fine cubes
2 raw eggs
1 hard-boiled egg, sliced into half moons
2 cups boiled "malagkit" rice
6 slices red, sweet pepper
8 shrimps cut in halves
2 tablespoons lard
1 teaspoon salt
2 sections garlic, pounded
1 small onion cut in small cubes
Powdered pepper, as desired
A dash of paprika

Saute garlic, onion, pork, chicken, and shrimps. Season with salt and pepper. Add "malagkit" and mix well. Add paprika for color. Remove from fire and cool. Add raw eggs, slightly beaten, and mix well. Grease a mold and line bottom with sliced hard-boiled egg and slices of red pepper. Fill with sauted mixture; cover with a piece of wax paper and steam 30 minutes. Unmold and garnish with fried bananas.

ARROZ CALDO WITH CHICKEN

1 cup rice
1 small chicken
1 inch cube ginger
2 segments garlic, chopped fine
1 small onion, chopped
2 tbsps. lard
2 tbsps. patis
6 cups water
2 stalks green onion

Dress and cut the chicken into convenient pieces, wash and clean well. Pare and slice the ginger thin. Saute the garlic, ginger and onion. Add the chicken and season with 2 tablespoonfuls patis. Cover, allow to simmer a few minutes. Add the rice and water, stirring all ingredients together to avoid sticking to the sides of the pan. Cook over low heat for 20 minutes or until chicken and rice are cooked. Add the chopped green onions before serving.

ARROZ CALDO WITH GOTO

1 cup rice
1 small onion
2 cups boiled goto
2 tablespoons patis
2 segments garlic
2 stalks onion leaves
1 pinch pepper

Clean the goto and simmer in water to cover until tender. Cut into serving pieces. Saute garlic, onion and rice. Add the liquid in which the goto was cooked (at least 6 cups). When rice is almost cooked, add goto and patis and continue cooking until done.

Fry more garlic until golden brown and sprinkle on each serving together with finely shredded onion leaves and pepper.

ASADO DE CARAJAY

1 small chicken cut into serving pieces
1/4 cup tomatoes (sliced)
1 cup water
12 grains black pepper
Salt to taste
1/2 bay leaf
6 cloves garlic
1/4 cup vinegar
1 tbsp. paprika
2 onions, quartered

Cook the chicken with the pepper, salt, garlic, bay leaf and vinegar. When the mixture is dry, add paprika and continue cooking until meat is brown. Add the water and cook chicken until tender. Add tomatoes and onions. Continue simmering a few minutes, or until almost dry.

BACALAO A LA VISCAINA

1 pound salt cod, barracuda or talakitok
1 No. 2 can or 2 cups stewed tomatoes
2 large onions, chopped fine
1 sweet red pepper, chopped fine
Canned peas, drained
2 tbsps. flour
4 tbsps. salad oil
2 cloves minced garlic
4 tbsps. minced parsley
1 bay leaf (laurel)
1/3 teaspoon powdered thyme
Patis and pepper to taste
Mashed potato

Soak the fish overnight. Change the water once during that period. Place in a pan with water to cover. Simmer for 1 hour. Take the fish from the liquid and remove the bones from the meat. Place the fish on a hot platter and surround it with mashed potato and peas.

Heat one half of the oil and saute one onion, one clove of garlic and the bay leaf until the onion is golden yellow. Add the tomatoes, parsley, thyme, patis and pepper. Simmer for one hour. Strain through a coarse mesh sieve.

Mix another tablespoon of oil with the flour until the mixture is smooth. Heat over a low flame, stirring constantly until brown. Pour it into the previously prepared sauce.

Saute the last onion and clove of garlic in the remaining tablespoon of oil for 5 to 10 minutes. Add this with the red pepper to the rest of the sauce. Heat the whole sauce and pour it over the codfish.

BACHOY

1/2 cup sliced pig's lapay
1/2 cup sliced pig's kidney
1/2 cup sliced pig's tenderloin
1/2 cup sliced pig's liver
Fry meat until brown. Set aside

Saute
2 segments chopped garlic
1 chopped onion and
1 small piece ginger, cut in fine strips.
Add the fried mixture then
1 tablespoon patis

Mix thoroughly and cover. After 10 minutes, add enough stock or water to cover (about 4 cups) and boil until meat becomes tender. Add sili leaves and remove from heat. Serve hot.

BAGO-ONG GUISADO

4 tablespoons lard
4 cloves garlic
1 tsp. sugar
1/2 cup bago-ong
2 tablespoons native vinegar

Heat lard. Add chopped garlic and fry until brown. Add bago-ong and stir. Add vinegar and sugar and simmer until done.

BAGUIO ONION WITH TOKUA

5 cups sliced onions (young leaves and root bases)
2 cups tokua (cut to one-half inch cubes)
3 cloves garlic, pounded
1 cup pork, sliced thinly
1 cup shrimps shelled
4 tbsps. shortening
1 cup shrimp juice (thick)
Salt and pepper to taste

Fry tokua in shortening for a few minutes and remove. In the same fat, saute the garlic, add the pork, shrimps and when cooked, add the shrimp juice stirring constantly and bring to boil. Season with salt and pepper. Add the green onion, and then the tokua and continue cooking until onion is crisp-tender.

BALAO-BALAO—1
(Pampanga)

(Permented Rice with Shrimps)

1/2 kilo shrimps (preferably the soft-shelled variety)
2 tablespoons salt
1 cup rice cooked with
2 cups water

Salt the shrimps and allow to stand overnight. Cook the rice. Remove from sauce pan or pot and allow to cool. Mix the shrimps and the cooked rice and place in a glass jar with cover. Allow to stand until it smells sour (about 3 to 5 days). (It may be colored with a little achuete water.)

To cook; saute garlic, onion and roasted, peeled, seeded, and chopped tomatoes. Add balao-balao and vinegar to taste and simmer until done.

BALAO-BALAO—2
(Pagsanjan)

1 cup small shrimps (bigger than alamang)
1 big tomato, sliced
Salt and pepper to taste
Hot pepper (labuyo) to taste
1 cup coconut milk
1 tablespoon fat

Chop shrimps, peeling included, till fine. Saute and cook with tomato. Season with salt and peppers. Add coconut milk and cook till almost dry.

BANANA BLOSSOM GUINATAAN

2 banana blossoms
1 cup pure coconut milk
2 tablespoons vinegar
1/4 cup sliced tomatoes
1/4 cup sliced onion
2 cloves garlic, crushed
1 tablespoon cooking oil
Salt and pepper to taste

Remove the tough covering of the blossoms. Slice thin crosswise. Add 2 tablespoons coarse salt and squeeze off bitter juice. Rinse in water and squeeze dry. Set aside.

Heat oil in skillet and saute garlic until light brown. Add onion and then the tomatoes. Cook about 3 minutes. Add banana blossom and vinegar and bring to a boil without stirring. Simmer for another 3 minutes. Add salt and pepper to taste and stir. Continue cooking until banana blossom is tender. Add pure coconut cream and turn off heat.

BANANA BLOSSOM KILAWIN

2 banana blossoms
1 cup shelled shrimps
4 cloves chopped garlic
1 onion (cut in slices)
4 tablespoons lard
2 cups shrimp juice
Vinegar, salt and pepper to taste

Remove the tough covering of the blossom. Slice thin (crosswise). Squeeze it with salt and then rinse. Set aside. Mix the shrimps, sliced onion, and vinegar. Saute the garlic and add the shrimp mixture. Add shrimp juice and continue cooking. Then add blossom. Turn over constantly until tender. Season with salt and pepper. Serve hot.

BANANA BLOSSOM, PAELLA STYLE

2 cups banana blossom, cut in pieces, worked in salt and rinsed
1/2 cup clams (boiled meat)
1/2 cup pork, cut in strips
14 small shrimps, blanched, peeled
1/2 of a small onion, sliced fine
1 section garlic, pounded
Achuete
1 tablespoon salt
2-1/2 cups clam stock
1 bay leaf
A dash of pepper
1 cup rice
1 tablespoon lard

Saute garlic, onion, pork, and shrimps. Add stock and boil. Add banana blossom and continue cooking. Season with salt and pepper. Add rice, achuete water, bay leaf, and cook until done, stirring from time to time, to avoid burning. Serve garnished with shrimps, clams and a few pieces of the tender part of banana blossom.

BANANA PEANUT SALAD

16 ripe medium-sized bananas
16 tbsps. chopped peanuts
Mayonnaise dressing
Lettuce

Slice crosswise and thin 2 bananas for each individual serving and mix with two tablespoons chopped peanuts. Add mayonnaise dressing, mix lightly with a fork and arrange on lettuce leaves before serving.

BAÑGUS EN TOCHO—1

Bañgus
1 cube tajure
1/2 onion
2 cm. cube ginger
2 - 4 tbsps. vinegar
4 tomatoes
2 cloves garlic, sliced crosswise
1/2 cup lard

Fry the fish until half done. Soak the tajure in a little water and vinegar. Saute the garlic, onion, tomatoes, ginger, and add the tajure mixture. Add the fish and a little water. Boil for 3 minutes.

BAÑGUS EN TOCHO—2

1 large, fat bangus
Oil or lard
2 tbsps. ginger, cut into very thin, narrow strips about 3/4 inch long
2 sections garlic, chopped fine
6 fair-sized tomatoes or 4 large tomatoes, sliced
2 tablespoons tajure
2 tablespoons tausi
1 onion sliced in long, narrow strips
1 cake tokua, cut into pieces 3/4 inch long and 1/8 wide
2 tablespoons vinegar
Sugar to taste
Salt

Clean the fish and cut into serving pieces 1/2 inch thick. Salt and let stand 15 minutes. Drain. Fry in hot lard until brown and set aside.

Fry the onion and the tokua and set aside.

Saute in remaining lard the garlic, ginger, and tomatoes. Add to this the tajure dissolved in 1 cup of water, then the tausi and the fried tokua, sugar to taste and onion. Simmer 5 minutes. Add 2 tablespoons of vinegar and simmer 5 minutes longer. Drop the fried fish into this mixture and continue cooking 3 minutes.

BAÑGUS IN SOY SAUCE

1 medium-sized bañgus
Salt and pepper
Fat for frying
1 small onion, sliced
2 tablespoons soy sauce
Juice of 3 calamansi

Clean the bañgus well. Slice into serving pieces. Rub with salt and pepper and let stand about 1 hour.

Fry in fat to cover. Set aside.

In about 2 tablespoons of fat, saute the onion, then add soy sauce and the juice of calamansi. Pour over fried fish.

BATAO

1/4 kilo batao
2 cloves garlic (chopped)
1/2 cup sliced onion
3 tbsps. shortening
1/2 cup sliced tomatoes
1 cup pork (cut into small pieces)
1/2 cup shrimps
Salt to taste
2 cups shrimp juice

Wash the batao and cut into pieces (in a slanting position) about 1 inch in length. Brown the garlic, then the onion in shortening. Add tomatoes, pork and shrimps. Add the shrimp juice, stirring constantly, and bring to a boil. Add batao and boil again until crisp-tender. Season with salt.

BAWANG GUISADO

2 cloves garlic, minced
1/4 cup sliced onions
1/2 cup sliced tomatoes
30 bawang stems, cut crosswise (finely)
3 pieces tokua, cubed, fried
1 cup pork, cut into small pieces
1 cup shelled shrimps
2 tbsps. shortening
Salt to taste
2 cups shrimp juice

Saute the garlic, onion, and tomato in shortening. Add pork, shrimps and cook until shortening sizzles. Add shrimp juice, stir constantly until it boils. Add bawang stems and fried tokua and cook for a few minutes or just until bawang is crisp-tender. Add salt to taste.

BEEF STEAK

1 teaspoon salt
1 teaspoon pepper
1/2 cup sliced onion
6 slices tender steaks
1 tablespoon calamansi juice
1 tablespoon soy sauce
Cooking oil

Marinate steaks in calamansi juice, soy sauce, salt and pepper. Pan fry in about 2 tablespoons of oil. When steaks are cooked remove them from pan onto a serving dish. Add about 2 teaspoons of oil to remaining oil in the same pan and pan fry the onion until tender. Pile on top of steaks. Serve hot.

BIA WITH COCONUT MILK

Clean the bia, simmer it slowly for about 15 minutes in 1 cup coconut milk, 1/2 teaspoon of salt, and the juice of 5 calamansi.

Lay the fish on a platter and pour over it a gravy made from the stock in which it was cooked and one tablespoon of flour. The mixture is simmered until thick.

BINAGIS

2 cups pork
3/4 cup liver
1 - 1/2 cups heart
3/4 cup kidney
Vinegar
2 teaspoon garlic, minced
1/4 cup onion, sliced
1 large red, sweet pepper cut into strips
Salt

Boil the pork, heart and kidney until tender. Cut the pork, heart and kidney into small pieces. Do the same with the liver. Saute the garlic, onion and pork. Then add the heart and kidney. Season with vinegar and salt. Add the liver and red sweet pepper and cook for about 3 minutes. Serve hot.

BOPIZ

1/4 kilo liver
1/2 kilo pig's lungs
1 pig's heart
4 tablespoons lard
2 cloves garlic
1 medium-sized onion
1 cup chopped tomatoes
1/2 cup water
Salt and pepper

Boil the lungs until tender. Remove the tendons and chop with the heart and liver. Saute the garlic, onions and tomatoes. Add the chopped lungs, heart and liver. Add water and cook until meat is tender. Season with salt and pepper.

Chicken-Pork Loaf

Chicken Relleno

BRAIN OMELET

2 pork brains (4 halves)
1/2 finely-minced onion, small.
Salt and pepper to taste
2 well beaten eggs
Oil for frying

Clean brains, removing membrane. Steam brains in very little water until cooked. Season to taste. Cut into cubes and add onion. Add a little salt to beaten eggs. Heat enough oil in a frying pan, about 1 tablespoon, and pour the eggs. Place cooked brain on eggs when eggs begin to set. Turn eggs over to completely cover brains. Serve hot.

BREADED STEAK

6 slices of tenderloin steak
Salt and pepper to taste
2 teaspoons calamansi juice
1/2 cup bread crumbs
1 egg, beaten
Cooking oil

Pound the steaks thin. Season with salt and pepper and calamansi juice, about 20 minutes before cooking. Roll in bread crumbs, dip in egg just to moisten and roll in crumbs again. Pan fry in oil over moderate heat. Serve hot.

BRINGE

1 chicken, boiled and cut into strips
1/2 cup pork, boiled and cut into strips
1 clove garlic, minced
4 cups coconut milk
1 tablespoon lard
Salt and pepper to taste
1 cup shrimps
1/2 cup ham, chopped
1/2 onion, sliced
1 tbsp. curry powder
1/2 laurel leaf
2 cups rice

Fry the garlic, add the onions, shrimps, pork, ham, chicken, curry powder, and rice. Add salt and pepper, laurel, and the coconut milk and cook over medium heat, stirring once in a while to avoid burning. When the mixture is dry, cover with banana leaves and continue cooking over low heat until rice is tender.

BULANGLANG—1

1 cup malungay leaves
1 cup squash, cubed
1 cup upo, sliced
1 - 1/2 tbsps. bagoong alamang
1 cup tokua, cubed, fried
1/2 onion
1 cup rice washing
Tomatoes

Mix tomatoes, onion, bagoong, squash in deep sauce pan or pot. Add rice washing and boil. After 5 minutes cooking, add tokua and upo. When upo is almost tender, add malungay and cook 2 minutes longer or until malungay leaves are wilted. Remove from fire.

BULANGLANG—2

1 kilo pork with bones, cut into serving pieces
10 ripe guavas, peeled, quartered
2 hot peppers
1 bunch pepper (labuyo) leaves
Rice washing
Patis to taste

Boil guavas in rice washing until tender. Remove seeds and mash with the back of a spoon. Return to boiling liquid and add meat. Cover and simmer until meat is tender. Add hot peppers and leaves 3 minutes before removing from fire. Season to taste with patis.

Serve with Bagoong Guisado.

BULANGLANG—3
(Fish)

Follow preceding recipe substituting bañgus (milk fish) for meat.

BULANGLANG NA BANGUS

1 bangus (about 1 lb.) broiled whole
3 small eggplants, halved
1 small ampalaya, quartered
1/2 cup 2-inch slices sitao
1/2 cup malungay or sitao tops
1/2 cup sliced onion
1/2 cup sliced tomatoes
1 cup rice washing
Bagoong to taste

Place eggplants, ampalaya, sitao, onion, tomatoes with rice washing and bagoong in clay pot or saucepan. Bring to a boil. Add fish and malungay or sitao tops. Cover and simmer just until vegetables are crisp-tender.

BURONG ISDA

(Fermented Rice with Fish)

1 mudfish (medium-sized)
1 tbsp. angkak
1 cup rice
2 cups water
Salt

Clean the fish and slice into pieces. Salt all the slices and allow to stand six hours or overnight. Add the water to the rice and cook. Remove the rice from the pot or pan and allow to cool. Pound the angkak fine and mix with rice. Mix the fish and rice and place in a clean glass jar with a cover. Let stand for 3 to 5 days or until mixture smells sour. To cook: Saute chopped garlic, onion and tomatoes in two tablespoons lard. Add buro and vinegar to taste and saute well. If the mixture is rather thick, add a little water. Serve hot or cold.

BURONG MOSTAZA WITH EGG

1/2 cup sliced Burong Mostaza
3 eggs
1/4 cup sliced tomatoes
1/4 cup sliced onion
2 tablespoons cooking oil
3 cloves garlic, crushed
Salt and pepper

Saute in oil the garlic until light brown. Add onion and when it has turned transparent, add tomatoes and cook about 2 minutes. Add burong mostaza and beaten eggs and salt and pepper to taste. As soon as eggs are set, remove from heat and serve.

CABBAGE AND CELERY

1 small bunch celery (cut into pieces about 1/2 cup)
1/2 small cabbage (sliced thin about 4 cups)
1/2 cup shelled shrimps
1 cup ground pork
3 cloves garlic, minced
1/2 cup sliced onion
1 cup shrimp juice
1/2 cup sliced tomatoes
2 tbsps. shortening
Salt to taste

Saute the garlic, onions, tomatoes, pork and shrimps, in shortening. Add salt to taste. Add the shrimp juice, and stirring constantly, bring to a boil. Cover and cook for a few minutes then add the celery and the cabbage. Cook till vegetables are crisp-tender.

CABBAGE GUISADO

1 small cabbage, sliced fine
3 cloves garlic, chopped
1/2 cup sliced onion
1/2 cup sliced tomatoes
1/2 cup pork, sliced
1/2 cup shelled shrimps
1 cup shrimp juice
2 tbsps. shortening
Salt to taste

Wash cabbage well and drain. Saute in shortening the garlic, onion, pork, and tomatoes. Add shrimps then shrimp juice. Stir until it boils. Add the sliced cabbage and season to taste. Cook until cabbage is crisp-tender.

CALAMARES RELLENADOS

Remove heads, tentacles and ink bags of several medium-sized squids or calamares. Clean each thoroughly and season the cavity with a little salt.

Stuff the cavities with the following:

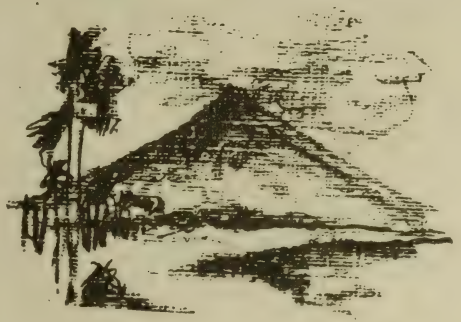
1/2 cup boiled shrimps, chopped fine
1/2 cup chicken and pork meat, chopped fine
1 small onion, minced
1/2 cup soft crumbs soaked in milk
1 or 2 eggs
Salt and pepper to taste

Mix ingredients in the order given and stuff squids' cavities well up to neck. Replace heads and sew in place. Place squids in a shallow pan, cover with a mixture of 2 cups water, 2 tablespoons vinegar, 1 tablespoon toyo sauce, 4 tablespoons shortening, chopped garlic, chopped onions and chopped tomatoes. Salt to taste. Simmer gently until calamares are cooked and liquid reduced to almost half. Remove stuffed squids and serve with sauce strained over them.

CAMARON REBOSADO

15 fresh shrimps
4 eggs
3 tbsps. flour
4 calamansi
Salt

Select nice fresh shrimps about 4 inches long in size. Remove the shell of the body but leave the head and tail. Trim the pointed part of the head. Remove black intestine by cutting partly the back. Salt to taste and soak in calamansi juice then roll in flour. Drop each shrimp in beaten eggs and fry in deep hot fat.



CARDILLO

1 pound fish
2 tablespoons lard
1/2 cup water
Salt to taste
1 clove garlic, crushed
1/4 cup sliced onion
1/2 cup sliced tomatoes
2 eggs

Clean the fish, cut into serving pieces, salt to taste and fry in lard until golden brown. Remove from pan and fry the garlic in the remaining lard. When golden brown add the onion and tomatoes and salt to taste. When tomato is cooked add the water and simmer from 3-5 minutes. Drop the fried fish into the mixture, remove from heat and add the well beaten eggs. Serve hot.

CAULIFLOWER

2 cups cauliflower (separated into flowerettes)
Salt and toyo to taste
1/4 cup sliced onion
1 cup, shelled shrimps
1 cup pork, sliced thinly
2 tbsps. flour
1 cup milk
2 tbsps. cooking oil
1 cup meat stock

Saute onions in oil, add sliced pork then the shrimps. Add salt. When cooked, set aside the pork and the shrimps. Blend flour in remaining oil. Add the meat stock and stir in the milk. When thick, add the cauliflower. Season with soy sauce. Add the cooked pork and shrimps, mix thoroughly. Simmer for 2 minutes and remove from heat at once.

CHICKEN AND PORK (PIPI-AN)

1 chicken
1/2 kilo pork
1/8 kilo ham
Salt and pepper

Cut the meats to desired pieces and simmer till tender. Season and add sauce.

SAUCE FOR PIPI-AN

1/2 cup rice
1/2 cup peanut butter
1 clove garlic
2 onions
4 tablespoons lard
Chicharon
Achuete water
Salt or patis
Chicken broth

Toast rice, grind and mix with chicken-meat broth and achuete (for coloring). Pound garlic and chop onions till fine.

Heat lard, add garlic, then onions and chicharon. Fry till brown. Season with salt or patis to taste. Mix ground rice mixture and peanut butter and add. Cook to boiling point.

CHICKEN CURRY— 1

1 spring chicken
1/2 teaspoon curry powder
1/2 cup pure coconut milk
2 tablespoons fat
2-1/2 cups diluted coconut milk
1 onion
Salt and pepper

Disjoint the chicken. Season with salt. Chop the onion fine. Fry the chicken and set aside. Saute the onion, add the chicken and the thin coconut milk and curry powder and cook until the sauce is thick, using a little flour for thickening if necessary. When almost dry, add pure coconut milk. Add pepper and salt to taste.

CHICKEN CURRY—2

1 chicken, cut into serving pieces
1 cup coconut milk with yellow ginger (dilao)
1/2 cup vinegar
2 tbsps. lard
1/2 cup green pepper, cut lengthwise
1/2 cup onion, cut lengthwise
1 tbsp. pounded garlic
1 tsp. salt

Put chicken in saucepan, add vinegar, salt and one half of the garlic. Simmer until tender, adding water if necessary. When tender, remove chicken from saucepan. Heat lard in saucepan, saute garlic until golden brown, add onions and pepper, then the chicken. Cover and cook about two minutes. Add coconut milk, season with salt, if necessary, cover and cook until sauce is reduced to one half. Serve garnished with green pepper.

To prepare coconut milk; pound about one cup grated coconut with 1 inch cube peeled, yellow ginger. Add to the rest of one grated coconut and extract the milk.

CHICKEN SINIGANG

1 (about 1-1/2 lb.) chicken fryer
1 cup 2-inch pieces sitao
1 cup quartered small radishes
1/2 cup sliced tomatoes
2 cups camote tops
1/4 cup sliced onion
2 cups tamarind tops (young leaves) and flowers
1 tablespoon coarse salt
Patis to taste

Clean chicken, cut to serving pieces, sprinkle with salt and set aside.

Wrap tamarind leaves and flowers in young banana leaf or a piece of clean gauze or sinamay and boil in water to cover with the chicken pieces, tomatoes and onion until chicken is almost tender.

Remove tamarind from mixture, mash and express juice and add to chicken. Discard leaves and flowers.

Add the rest of the ingredients and continue cooking until chicken is tender and vegetables are just crisp-tender. Correct seasoning by adding patis to taste. Serve hot.

CHICKEN TINOLA

1 chicken, cut into serving pieces
2 cups green papaya, cut into serving pieces
1 inch cube ginger, pounded
1/2 tablespoon fat
2 cloves garlic, crushed
sili leaves
1 onion, sliced
Patis

Fry the garlic, ginger, onion, then add the chicken. Mix well and when partly done add enough water to cook the chicken until tender. Add the papaya and cook until it is soft but not mushy. Season with patis. Add sili leaves before removing from fire.

CHICKEN WITH SOTANGHON

1 chicken
1 onion, sliced
2 cloves garlic, crushed
2 tablespoons lard
1 small bunch green onion, minced
Salt and pepper to taste
1 tablespoon patis
1/2 cup diced, dried mushrooms
1/4 kilo sotanghon
Achuete coloring

Boil the chicken until tender. Set broth aside. Remove all the bones from the boiled chicken and cut meat into pieces.

Saute garlic and onion until brown. Add finely cut chicken and patis. Simmer for a while. Add achuete coloring, chicken broth and let boil. Add sotanghon which has been soaked in water and cut into desired lengths. Add the mushrooms which have been soaked in water. Simmer about 5 minutes. Add pepper and salt to taste and the green onions.

CHULETAS DE PUERCO

4 pork chops
1 tablespoon calamansi juice
1/2 cup bread crumbs
Salt and pepper to taste
1 egg, beaten
Oil for frying

Pound chops thin. Season with calamansi juice, salt and pepper to taste 20 minutes before cooking. Moisten with egg and roll each chop in bread crumbs. Pan fry in little oil in pan over low heat until pork is cooked thoroughly.

CLAMS WITH CORN

1 cup grated young corn
12 clams
1 cup clam stock
2 tbsps. sliced onions
1/8 tsp. chopped ginger
1 tbsp. lard
Salt

Saute onions in lard; add clams and ginger. Add young corn and stock. Boil and continue cooking over low heat until corn is tender. Salt to taste.

CORN SOUP

1 cup young corn
scraped from cob
1 onion (sliced thin)
1/4 cup shrimps (sliced)
1 tablespoon lard
2 cloves garlic, crushed
4 cups shrimp stock
1 cup pepper leaves
(siling labuyo)
Dash of pepper
Salt to taste

Saute garlic and onion; add shrimps. Add shrimp stock and boil. Add chopped corn, and simmer until the corn is tender. Season with salt and pepper. Add green pepper leaves three minutes before removing from fire. Serve hot.

CRABS IN COCONUT MILK

3 fat crabs (alimango)
1 cup chopped buko (young coconut)
1/4 teaspoon salt
1 cup thin coconut milk
1 cup thick coconut milk
1 clove garlic, pounded
2 tablespoons minced onion
A small slice of ginger
2 fresh hot peppers, whole
Salt and pepper to taste

Clean crabs very well. Dip briefly in boiling water. Open and remove all the fat lining the shells. Mix fat with chopped buko and 1/4 teaspoon salt. Fill shells with the mixture. Wrap each in young banana leaf.

Arrange crabs in saucepan and over them, the shells wrapped in banana leaf. Boil in 1 cup thin coconut milk with salt and pepper to taste and whole peppers. As soon as crabs are cooked, add thick coconut milk and simmer about 5 minutes.

CRABS IN COCONUT MILK — 2

6 fresh crabs
2 cups diluted coconut milk
Salt to taste
Pepper
1/4 cup young pepper leaves

Wash the crabs well. Cut into halves. Cook in diluted coconut milk. Add pepper leaves. Season with salt and pepper.

CRABS WITH GUAVAS

4 crabs
5 ripe guavas, medium size
1 onion
4 cloves garlic
Cooking oil
2-1/2 cups water
Salt and sugar to taste

Clean the crabs, then cut crosswise into two. Peel the guavas and cut into thin slices. Chop onion and garlic separately.

Saute garlic in about 1 tablespoon of oil until brown. Add onion then the guavas. Add the crabs. Cover and cook over low heat a few minutes. Then add the water and bring to a boil. Add salt and sugar to taste. Remove from fire when the crabs are cooked.

CRABS WITH SILI LEAVES

2 small fat crabs
3 small tomatoes, quartered
3 cloves small red onion (sibuyas tagalog)
3/4 cup shredded buko (young coconut)
1 cup thin coconut milk
1 cup pure coconut milk
Salt and pepper to taste
1 cup sili leaves

Clean crabs very well; detach pinchers. Detach shells and remove all unedible parts. Fill shells with shredded buko and put back in place, tying each to the body, if necessary. Place crabs, pinchers, tomatoes, onion cloves and salt and pepper to taste in a saucepan or pot with the thin coconut milk and simmer until crabs are cooked.

Add pure coconut milk and sili leaves and bring to a boil. Remove from heat and serve hot.

CURRY (PRAWNS)

2 sliced onions
2 tbsps. butter or margarine
1 tablespoon curry powder
1 hot pepper
1 tbsp, salt
1/2 cup strong prawn broth
1 sliced cucumber
1 kilo shelled and cleaned prawns or shrimps
1/8 tsp. cayenne pepper
1 cup coconut milk
1/4 inch cube ginger
1 calamansi

Fry the finely sliced onions in the butter until they are slightly brown. Then add the ginger, curry powder, salt and finely cut pepper and the broth. Simmer for 15 minutes.

Add the cucumber, prawns and coconut milk. Season with calamansi juice and cayenne, and cook until the cucumber and prawns are done. Serve with rice.

This dish is liable to be too hot for some palates so 1/4 to 1/2 the pepper may be used with no cayenne pepper and may be 2 teaspoons of curry powder. The prawn broth may be made by boiling the heads and shells of the prawns in a cup of water, stirring often.

DAING NA BANGUS

1 large, fat bangus
Salt or soy sauce to taste
Pepper to taste
2 tablespoons vinegar
3 cloves garlic

Clean the fish and cut lengthwise along the back from head to tail and spread flat. Mix crushed garlic, vinegar, salt and pepper. Soak fish in the mixture a few hours and dry in the sun. To serve, fry in hot oil and serve with tomato and onion salad.

DALAG EN SALZA AMARILLA

1 big dalag
Salt and pepper
A small amount of flour
Oil for frying

Clean dalag and cut into fillets. Sprinkle with salt and pepper. Dust with flour and fry in oil. Set aside.

SAUCE:
2 onions
Kinchay
1 tbsp. olive oil
1 cup hot water
Few grains of pepper
1 tsp. curry powder
Flour
Salt

Cut onion into very fine pieces. Cut the kinchay fine. Then fry onion in oil adding kinchay when onion is tender. Remove from oil. Pound the onion and kinchay with the grains of pepper and strain or extract the juice with the hot water. Return in pan and add curry powder, salt to taste and enough flour to thicken.

Simmer and serve hot with dalag.

DINENGDENG

3 small chayotes
1 cup squash or chayote leaves (tender tops)
1 cup sitao, cut into 2-inch lengths
1 cup malungay leaves
1 bañgus or dalag
2 large tomatoes, cut into quarters
1 cup water
1 tablespoon bagoong alamang

Broil the fish with scales on and cut into 2 pieces. Peel chayotes and cut into 2-inches by 2-inches squares or pieces, cut sitao and squash or chayote tender tops into 2 inch lengths and wash all vegetables well. Place clean vegetables and fish in an earthenware pot or saucepan. Add bagoong to taste and water. Cover and simmer about 15 minutes, stirring once in a while, until the chayote is tender and the leafy vegetables just wilted but crisp and green.

DINUGUAN

3 cups internal organs (heart, liver, pancreas and meat with fat)
1-1/2 cups of blood
1/2 cup vinegar mixed with 1 cup water and 1 tablespoon salt
3-1/2 cups water
1 tablespoon salt
1 small onion, sliced
3 segments garlic, pounded
2 hot peppers
3 tablespoons lard

Clean and cut internal organs into small pieces. Cook in a saucepan (clay or enamel) with the vinegar mixture until tender. In another saucepan, saute garlic and onion. Add boiled internal organs and continue cooking for 5 minutes. Add the blood little by little stirring the mixture while adding and bring to a boil. (Be sure to cut the coagulated blood to small pieces before adding). Add water, season with salt and cook covered a few minutes more. Add hot pepper just before removing from fire. Keep covered and serve hot.

DINUGUAN MANOK — 1

1/2 cup sliced tomato
1 cup chicken meat and clean internal organs (finely chopped)
1/2 cup sliced onions
Vinegar to taste (about ¼ cup)
1 head garlic, chopped fine
1/2 cup chicken blood in 1 cup water
1/2 laurel leaf
Salt and pepper to taste
A few oregano leaves

Saute garlic; add onion and tomatoes. Add finely chopped chicken meat and internal organs and stir. Cover and continue cooking five more minutes. Add vinegar, salt, pepper, laurel and oregano and simmer until meat is tender. Add chicken blood dilluted with a cup of water. Continue stirring and cooking for 10 minutes. (If blood has coagulated, mash well with banana leaves before adding. To avoid coagulation, have lemon juice or vinegar on saucer where blood pours from the chicken).

DINUGUAN MANOK — 2

1 cup chicken meat and clean internal organs, finely chopped.
1/2 cup chicken blood in 1 cup water
2 teaspoons crushed garlic
1/2 cup sliced onion
1/4 cup strong vinegar
2 teaspoons coarse salt
1 tablespoon lard or oil
1/2 laurel leaf (about 1/2 inch square)
A few oregano leaves (1 teaspoon packed)
1/4 teaspoon crushed peppercorns
2 or 3 green hot peppers

Saute the crushed garlic in lard or oil until golden brown. Add onion and then the chicken. Stir to blend.

Add vinegar, salt, pepper, laurel and oregano. Bring to a boil without stirring then simmer covered. When chicken is tender, add the chicken blood in water and continue cooking stirring mixture. Add hot peppers and bring to a boil.

Adjust seasoning to your taste.

DINUGUAN MANOK, BICOL WAY

To the ingredients of Dinuguan Manok — 2, add 1/2 to 3/4 cup pure coconut milk. Add to cooked dinuguan and continue simmering, stirring continuously, about 5 minutes.

ESCABECHENG APAHAP

1 apahap
4 pieces tokua
1 onion, sliced
2 heads garlic
1 cup water
1 cup vinegar
1/2 cup sugar
1 red pepper
1 tbsp. sifted flour
A few mushrooms and slices of ginger
Salt

Clean apahap. Slit the fish. Rub with salt to taste. Cut the ginger and garlic in diagonal strips. Dice tokua in regular sizes. Mix vinegar, sugar and salt until agreeable sweet-sour taste is obtained. Cut pepper in quarters.

Heat fat in a pan and fry fish and tokua until almost done. Set aside. In the same lard used, saute onion, ginger and garlic. Add the vinegar mixture. When mixture boils add fried fish, tokua, mushrooms and pepper. Cover for five minutes. When almost done, add flour which has been mixed with a cup of water. Stir gently until thick.

ESCABECHE — MACAO STYLE

1 medium-sized fish (either lapu-lapu, pampano, apahap, or talakitok)
1 large onion
1 large red sweet pepper, cut into long, narrow pieces
2 sections garlic, cut into small pieces
2 tablespoons flour
2 cups water
4 tablespoons vinegar
4 tablespoons sugar
3 tablespoons toyo sauce
2 fair-sized potatoes, cut in very narrow strips 1-1/2 inches long
Salt

Clean the fish, sprinkle with 1 teaspoon salt. Let stand 10 minutes. Drain and dry. Fry in lard until brown and set aside.

Fry the garlic, onion, and sweet pepper in lard.

Make a medium thick gravy from a mixture of water, vinegar, sugar, toyo, salt and flour; add fried garlic, onion, sweet pepper, and fish; boil 5 minutes.

Place the fish on a platter, pour the gravy over it, and garnish with the potatoes (fried crisp in deep fat).

Embutido

Fried Shrimp

Jamon en Dulce

ESCABECHE WITH PAPAYA

2 cups green papaya, cut in strips
1 medium-sized fish
1 large onion, sliced
1 head garlic, sliced thin
1 tbsp. ginger, sliced into strips
1 sweet red pepper, cut in strips
1 hot pepper, cut in strips
4 tbsps. vinegar
1-1/2 cups water
3 tbsps. toyo
1-1/2 tbsps. flour or cornstarch
4 tbsps. sugar
2 tbsps. lard
2 tsps. salt
Fat for frying fish

Clean fish and sprinkle with salt. Let stand about 15 minutes, and drain well. Fry in hot fat until brown and set aside. Saute garlic ginger, onion and papaya until papaya is half cooked. Add salt and hot pepper and the mixture of vinegar, water, sugar, toyo, and flour or starch. Cook until liquid thickens and the papaya becomes tender. Place fried fish on a platter and pour over it the gravy mixture. Garnish with sliced red-sweet pepper.

ESTOFADO

1 kilo boneless beef
1 tablespoon flour
Salt and pepper to taste
Cooking oil
2 cloves garlic, pounded
1 bay leaf (laurel)
6 small onions
2 cups Baguio beans, whole or cut into convenient lengths
2 small carrots or yellow camotes, peeled and quartered
1 cup chopped tomatoes
2 onions, chopped fine
½ cup vinegar

Rub beef with flour. Season to taste with salt and pepper.

Fry in cooking oil until brown and set aside. In the remaining oil, fry garlic until brown, add onions and tomatoes. Cover and allow to simmer about 5 minutes.

Place meat in a kettle, cover with tomato mixture, vinegar and water to cover, salt and pepper to taste, and bay leaf. Bring to a boil and allow to simmer, covered, until meat is tender. Add 6 peeled whole onions, beans and carrots or camotes.

When vegetables are cooked remove from kettle. Remove beef and place in a serving platter and surround with vegetables.

Simmer down sauce to desired quantity and thicken with flour.

FISH BALLS WITH PETSAY

2 cups milk fish (Bañgus)
3 tablespoonfuls chopped onion
4 tablespoonfuls cornstarch
Green onions for garnish
1 egg beaten
Salt and pepper to taste
2 tablespoonfuls patis
2 cups petsay cut into one inch slices

Remove the scales and all internal organs of the fish. Beat it lightly with blade of the bolo to loosen the bones. Cut it open from the back and wash well. Then scrape off the flesh, being careful not to include the small bones. Put the fish meat in a mixing bowl.

Prepare the fish stock by cooking the head, the big bone, and the skin in a sauce-pan, in 3 cups of water. Strain.

Add the chopped onion to the fish meat in the bowl. To the mixture, add the salt and pepper, egg, cornstarch and form into balls. Drop one by one into the boiling fish stock. When done, add the green onions cut into small rings, and the petsay. Cook two minutes longer. Season to taste with patis. Serve hot.

FISH CROQUETTES

1 cup flaked fish
2 sections garlic, finely chopped
1/2 onion, finely chopped
3/4 cup milk
1-1/2 tsps. salt
2 tbsps. butter
2 tbsps. chopped green onions
10 small potatoes boiled, peeled, and mashed
2 eggs
6 tablespoons bread crumbs
1 pinch black pepper

Fry the garlic and onion in 2 tablespoons of lard. Add the fish, salt, and black pepper, and fry for 5 minutes. Add the mashed potatoes and milk and cook until the mixture is almost dry, then add the butter and green onion and mix well. Shape into oval croquettes. Roll in lightly beaten eggs and then in bread crumbs. Roll again in egg and bread crumbs and fry in hot lard until brown.

(Dalagang bukid, lavahita, and other fish may be used for this recipe.)

FISH CURRY AND RICE

1 medium-sized fish
1 teaspoon flour
1 teaspoon curry powder
1 teaspoon lemon juice
2 tablespoons butter
1 tablespoon minced onion
1/4 cup coconut milk
1 1/4 cups water
1 teaspoon salt
Pinch of black pepper

Cook the fish for 5 minutes in 1/2 cup of water, 1/2 teaspoon of salt, and a pinch of pepper. Drain and lay aside.

Fry the onion in butter and add the water in which was dissolved 1 teaspoon of flour. Boil 2 minutes. Add the curry powder, lemon juice, salt, and fish; boil 10 minutes, until the gravy thickens. Add the coconut milk to which was added 1/4 cup of water and continue boiling 3 minutes. Lay the fish on a platter, pour the gravy over it, and arrange mounds of boiled rice on either side.

(Use either bakoko, apahap, lapu-lapu, or mayamaya.)

FISH CUTLETS

1 small lavahita
1 cup bread crumbs (biscocho)
2 eggs (beaten)
Salt and pepper
2 calamansi

Clean the fish and remove the skin. Make six individual fillets free from bones. Rub with calamansi juice, salt and pepper. Dip in beaten eggs then roll in bread crumbs. Fry over slow fire until fish is cooked crisp outside.

FISH FRITTERS

1 cup dilis (fresh)
1/4 cup green onion
2 eggs well beaten
6 tablespoons cornstarch
Salt and pepper to taste
Oil for frying

Wash dilis and remove the bones. Season with salt and pepper. Beat the eggs. Add the cornstarch and blend until a smooth paste is obtained. Add the fish and mix well, then add the green onion cut into rings. Drop in hot oil by spoonful. Cook until brown and crisp.

FISH SARCIADO

1-kilo fish, apahap, bacoco or lapu-lapu
Salt and pepper to taste
Cooking oil for frying
3 cloves garlic, chopped
3 tablespoons cooking oil
1/2 cup finely chopped onions
1-1/2 cup finely chopped ripe tomatoes
2 tablespoons green onions, cut fine

Clean fish and rub with salt and pepper. Set aside an hour, then drain well.

Heat oil (sufficient to cover fish) in frying pan. Fry fish whole over medium heat until it is a light brown, not overcooked. Place on serving platter.

Sauté garlic in 3 tablespoons cooking oil until light brown. Add onions and cook only until transparent. Add tomatoes and continue cooking over low heat, covered, stirring occasionally until the mixture is the consistency of ketchup. Season to taste with salt and pepper. Remove from heat and pour over fish. Garnish with green onions.

FISH WITH MOSTAZA

2 cups fillet of apahap or any white-meat fish
1 cup fresh mostaza leaves cut into two
1/2 cup water
3 tablespoons cooking oil
2 tablespoons tausi
1/4 cup green onions, young and white bulbs
2 tbsp. cooking oil

Heat the oil, saute the fish then add the mostaza leaves, onions and tausi. Add water. Cover and cook over low heat until vegetables are crisp-tender. Serve hot.

FRIED CHICKEN

1 frying chicken, cut into serving pieces
1 teaspoon chopped garlic
2 tablespoons vinegar
1 tablespoon soy sauce
Salt and pepper to taste
Fat for frying

Wash well and drain chicken pieces. Mix chopped garlic, vinegar, soy sauce and salt and pepper to taste. Marinate chicken in mixture and allow to stand an hour. Drain chicken pieces and fry in deep hot fat over moderate heat until golden brown and tender. Serve hot.

FRIED SHRIMP

12 large shrimps
1/2 cup water
Salt to taste
Cooking oil for frying

Place shrimps in deep pan with water and salt to taste and cook covered until shrimps turn pink and water evaporates. Add cooking oil, about 2 tablespoons, and stir shrimps to cook them evenly. Serve with fresh sliced tomatoes and onions seasoned with vinegar and salt.

FRITADA

1/2 kilo pork cut into regular pieces
1/4 kilo ox liver, cut into regular pieces and sliced thin
1 large green pepper cut into strips
6 medium-sized potatoes, quartered
Garlic, onion, and tomatoes
Toyo and vinegar to taste
Salt to taste

Season pork with vinegar, salt and garlic. Cook until tender and sauce thick. Set aside. Soak liver slices in toyo. Saute in the order given the garlic, onions, and tomatoes. Add the green pepper, then the potatoes. Mix thoroughly with a spoon, cover pan, and simmer over low heat until potatoes are tender. Add pork, salt, vinegar and toyo and enough stock to cover meat. Simmer three minutes. Add the liver slices, increase heat slightly. When gravy thickens, remove at once and serve.

GUINATAAN HIPON

1 cup live shrimps
1 coconut
1/2 cup sili leaves
Salt and pepper to taste

Extract coconut milk, using 1 cup water. Trim heads of shrimps and wash well.

Boil coconut cream. Add shrimp and seasoning and simmer 2 minutes. Add sili leaves and remove from heat. Serve hot.

GUINATAAN TALONG

4 young eggplants
1 onion
1 tablespoon vinegar
1 coconut
Salt and pepper to taste

Roast eggplants in oven or over charcoal heat. Peel and chop fine. Peel onions and slice crosswise very fine.

To grated coconut, add vinegar. Mash well and extract cream.

Mix and blend well the eggplant and onion. Season to taste with salt and pepper. Add coconut cream.

GULAY NA PAPAYA

1 medium-sized green papaya,
2 tbsps. shortening
1/4 cup shrimps, shelled
2 cloves garlic, pounded
1/2 cup pork, sliced thinly
1 cup shrimp juice
1/2 cup sliced tomatoes
1/4 cup sliced onion
Salt to taste

Cut the green papaya lengthwise into several pieces, then cut crosswise into thin pieces about 1/3 inch. Heat the shortening and fry the pounded garlic until brown. Add the onion, tomato, pork, shrimps. When shrimps are cooked, add shrimp juice, stir and bring to boil. Add papaya and continue cooking until papaya is crisp-tender. Season to taste.

HITO WITH COCONUT MILK

3 medium-sized hito
1-1/2 cups coconut milk
1/2 cup sliced onion
Salt to taste
3 tablespoons cooking oil
5 cloves garlic, chopped

Clean the fish very well and cut to desired pieces. Set aside. Brown garlic, in oil, add onions. When onions are transparent, add coconut milk and bring to boil. Add the fish and salt. Cover and simmer until coconut milk turns oily.

INIHAW NA BAÑGUS

1 big bañgus
1 onion, chopped
2 tomatoes, chopped
Salt and pepper to taste

Clean the fish. With a sharp knife cut along the back and remove backbone. Mix chopped onion, tomatoes and seasoning and stuff the fish with the mixture. Wrap in banana leaf and broil. Serve with calamansi halves.

KANGKONG TOMATO SALAD

2 cups kangkong, steamed
2 big tomatoes, sliced
1/2 cup malungay leaves, steamed
2 sweet red and green peppers
1 cup shredded sincamas
1/2 cup boiled shrimps, cut into cubes
1/2 cup French dressing

Soak ingredients in half of the French dressing for a few minutes and chill if possible. Arrange on a plate putting kangkong and malungay mixture at the center, sweet pepper, sincamas and tomatoes alternately. Pour remaining French dressing and serve.

KANGKONG WITH VINEGAR

3 cups kangkong
3 cloves garlic, chopped
1/2 cup sliced onion
2/3 cup sliced tomatoes,
1/2 cup vinegar
2 cups shrimp juice
1 cup shelled shrimps
1/2 cup pork, sliced thinly
2 tbsps. shortening
Salt and pepper to taste

Wash the kangkong very well, remove the leaves and use only the crisp parts. Slice crosswise into thin pieces. Saute garlic and onion in shortening then add pork and tomatoes. When shortening begins to sizzle, add shrimps and when cooked, add shrimp juice, stirring constantly. When mixture boils, add vinegar and cook for a few minutes, without stirring. Add kangkong, continue cooking until kangkong is crisp-tender. Season with salt and pepper.

Kari-karing Pata

KARI-KARING PATA

1 calf's pata, well-cleaned
3 bundles of sitaw (about 10 pieces each bundle), cut into 2 inches long
1 banana heart (puso ng saguing), sliced finely crosswise
5 tablespoons lard
1 big onion, sliced
3 cloves garlic, crushed
2 tbsps. seeds of achuete
4 regular-sized eggplants cut into 1" lengths
3 small radishes, peeled and sliced
1/3 cup toasted rice, powdered
1/2 cup toasted peanuts, ground (or peanut butter)
Salt

Clean the calf's leg. Cut into desired pieces. Wash thoroughly, put in a saucepan, cover with water, bring to a boil then simmer until tender. Set aside. Saute the garlic, onion and tender calf's leg. Pour the mixture in the saucepan adding salt to taste and water in which leg was cooked. Boil. Add the sliced banana heart. When the banana heart is almost tender, add the sitaw then the eggplants and radish.

Wash the seeds of achuete and soak in one half cup of water. Add this colored water to the mixture. Add the powdered rice and peanuts stirring thoroughly to avoid sticking.

Serve with bagoong (alamang) sauted with pork.

Note: Remove fat from cooked calf's leg by cooling mixture and lifting off layer of fat that forms on surface before adding to sauteed mixture.

KATURAY SALAD

6 cups katuray flowers with stamens removed
1/3 cup sliced onion
2 tsps. ginger
1/3 cup vinegar
3 tbsps. sugar
1 tsp. salt
1 tsp. garlic
1 tbsp. lard

Saute the garlic in lard until brown. Add the onions and ginger. Stir and cook for 3 minutes. Add the vinegar, sugar and salt. Let boil, add the katuray flowers and stir. Cook for ten minutes. Serve with pork inihaw.

KILAWIN

1½ cups pig's liver, sliced
2 cups pork, sliced and boiled until tender
1½ tsps. black pepper
4 tbsps. lard
6 segments garlic, pounded
1 regular sized onion, sliced
½ cup native vinegar
½ cup water in which pork was cooked
Salt to taste

Soak liver in vinegar, salt and pepper for 5 minutes.

Saute the garlic in lard until light brown. Add the onion, continue sauteing until the onion is done. Add the sliced liver, stirring the mixture for about 3 minutes and pressing the pieces of liver with the back of a wooden spoon to express the juice while frying. Add the pork and cook about 2 minutes, stirring in the same manner while cooking. Season with pepper and salt to taste. Add vinegar diluted with the water. Let simmer for at least 3 minutes.

KILAWIN TALABA

1 cup shelled oysters
½ cup vinegar (add water if it is too sour)
5 native onions (peeled and cut into rounds)
2 cloves garlic (pounded)
5 pepper-corns (pounded)
Salt to taste

Marinate the oysters with the rest of the ingredients for about 2 hours. Then bring to boiling point. Remove from heat. Serve cold.

KINCHAY GUISADO

1 cup kinchay, cut into 1 inch length
1 cup fresh green peas (sitsaro)
3 cloves garlic, chopped
1/2 cup sliced onion
1/2 cup chopped tomatoes
1 cup shrimps, shelled
1 cup shrimp juice
1/2 cup cubed tokua, fried
2 tbsps. cooking oil
Salt and pepper to taste

Saute garlic in oil until light brown. Add onion and when it turns transparent, add tomatoes. Simmer 2 minutes then add shrimps. When shrimps turn light pink, add the shrimp juice and bring to a boil. Lower heat and allow to simmer about 3 minutes. Add salt and pepper to taste. Add the peas and kinchay and continue cooking only until vegetables are cooked but still crisp and green. Add fried tokua and correct seasoning.

KINUNOT
(Bicol)

2 cups, chopped santol
Bagoong to taste
½ cup pork, cut in small pieces
Hot pepper (labuyo) to taste
2 cups coconut milk

Chop peeled santol meat, fine. Cook with the rest of the ingredients until most of the coconut milk has evaporated and the mixture almost dry.

LABONG GUISADO

3 cups labong
1 cup pork, sliced thinly
1/2 cup shelled shrimps
1 cup shrimp juice
Salt and toyo to taste
3 tbsps. shortening
1/2 cup chopped onion
1/2 cup sliced tomatoes
2 cloves garlic, chopped

Rinse labong in water and salt. Squeeze out the water. Set aside. Saute garlic, onion, and tomato in shortening. Add the pork then the shrimps and cook well. Season with salt and toyo then add the shrimp juice and stir constantly until it boils. Add the labong and continue cooking until labong is tender.

LAKSA

2 cups finely sliced banana heart
1-1/3 cups string beans, cut 1-1/2 inches long
2 segments garlic
1 cup soaked sotanghon
1-1/3 cups young squash leaves and stem
2/3 cup cooked pork
1 small onion, sliced
3 cups meat stock
Lard
Salt to taste

Saute garlic in lard. Add onion, then pork, banana heart (first mashed with salt and squeezed), and string beans. Add meat stock and boil until almost done. Add sotanghon and young squash leaves and stem, season to taste. Cook until vegetables are crisp-tender Serve hot.

LANG-LANG

1/4 kilo pork, lean
1/4 kilo shrimps
1 small chicken
2 cloves garlic
1 cup fresh peas (sitsaro)
1/2 cup mushrooms (tengang daga)
1 cup sotanghon
1 small onion, chopped fine
1 egg, beaten lightly
1 tablespoon flour
Cooking oil
Salt and pepper to taste
Patis to taste
Wrappers

Grind or chop pork fine. Peel and devein shrimps, set aside 1/3 and chop fine the rest. Cook chicken in water to cover in small saucepan. Chop garlic. Soak sotanghon and mushrooms in water separately. Pound heads of shrimp and extract juice. Prepare wrappers.

Saute onion, add chopped shrimp and salt and pepper to taste. Set aside to cool then wrap by teaspoonfuls in wrappers.

Mix chopped pork, egg and flour with salt and pepper to taste. Form into balls. Cut chicken meat into small pieces.

Saute chopped garlic in a little cooking oil until brown. Add shrimps and cook until they turn pink. Add juice and allow to simmer a few minutes. Add chicken pieces and chicken broth. Bring to a boil and while boiling drop meat balls one by one. Add wrapped shrimp mixture, mushrooms and sotanghon. Season with patis and pepper to taste. When done, add sitsaro and remove from the heat.

To make wrappers:-

3/4 cup flour
1 egg yolk
Pinch of salt
A little water

Sift flour well. Place in a small bowl or deep plate. Place yolk and a pinch of salt in center of flour. Mix ingredients with a fork into a stiff dough, adding just a little water, if necessary. Knead dough until it is smooth and elastic. Cover and set aside 20 minutes. Roll dough out as thin as possible and divide into small squares about 3 by 3 inches. Fill each with a teaspoonful of shrimp mixture. Moisten edges with water, fold one corner over and press edges together.

LENGUA ESTOFADA

Clean one ox tongue thoroughly. Rub with salt and pepper and place in a deep clay pot or enamel pan.

Cover with:

3 onions, halved
2 heads garlic
1/2 cup native vinegar
A piece of bay leaf
6 tomatoes
1/2 cup toyo sauce
1 cup vino blanco and
1/2 cup fat

Cover pot tightly and cook the whole mixture over low heat, turning occasionally to prevent the tongue from burning. When the tomatoes are cooked, remove, mash and strain back into the pot. Add water to cover and continue cooking until tongue becomes very soft.

LONGANIZA

1 kilo pork meat with fat
Salt (1 to 2 tbsps.)
1 teaspoon pepper
1/2 cup vinegar
1 head garlic, chopped
2 teaspoons paprika
1/4 teaspoon saltpeter
Brown sugar to taste

Cut into small pieces or grind pork. Add salt and mix thoroughly. Add pepper, vinegar, garlic, paprika, saltpeter and sugar and mix well. Let stand one to two hours. Fill sausage casings with mixture, tie at both ends and dry in the sun.

LUMPIA (BAÑGUS)

2 medium-sized bañgus
1 small onion
1 small box raisins
Lard for frying
3 small tomatoes
1 tsp. pounded garlic
25 big lumpia wrappers
Salt and pepper to taste

Clean the fish and parboil. Remove the flesh from the bones and set aside. Cut tomatoes into small pieces and cut the onion lengthwise. Saute garlic, onion and tomatoes. Add bañgus meat and raisins. Season with salt and pepper. Set aside and cool. Wrap by tablespoons in lumpia wrapper and fry in deep hot fat until golden brown. Drain in absorbent paper and serve hot with sweet sour sauce.

LUMPIA (FRIED)—1

Mix 1/2 kilo pork meat (ground), 1/2 kilo chopped shrimps, 1/4 cup chopped apulid, 1/4 cup mushrooms, 1/2 cup chopped onion, salt and pepper to taste, 3 egg yolks and toyo to taste. Steam until meat is cooked. Wrap in lumpia wrappers into very small rolls and fry in deep fat. Serve with sweet sour sauce.

SAUCE: Mix vinegar, water, sugar, and salt to produce a sweet-sour taste. Pour in a pan then add about one tablespoon catsup or tomato sauce. When boiling thicken the sauce with a little cornstarch dissolved in water. Add 1 small sliced hot pepper and a little chopped garlic.

Lechon de Leche

Lengua Estofada

LUMPIA (FRIED)—2

1/2 cup chopped pork
1 cup chopped beef
1/2 cup chopped ham
1/2 cup boiled garbanzos or potatoes, cut into cubes
2 tomatoes (cut into pieces)
1 onion (minced)
1/2 laurel leaf
3 cloves garlic (pounded)
2 eggs (hard boiled and cut into pieces)
1/2 cup water
1 teaspoon pimenton
1 box raisins (small size)
Lumpia wrappers
Salt

Saute garlic, onions. tomatoes. When light brown, add meat, laurel leaf, pimenton and water. Add salt to taste. Cover and simmer until meat is tender. When nearly cooked, add garbanzos and raisins. Before wrapping let it cool. Add hard-boiled eggs and wrap in lumpia wrapper. Fold two ends well. Fry until golden brown. Serve with garlic, vinegar, pepper and salt.

LUMPIA LABONG (BAMBOO SHOOT)

1/2 kilo pork
5 bean cakes (tokua)
1 big onion
6 cups labong (boiled)
1/2 kilo shrimps
3 teaspoons pimenton
6 cloves garlic
Salt and pepper to taste
Lumpia wrappers
1 tbsp. lard
Fresh lettuce

Slice the pork, shrimps, into pieces. Save the juice from the heads and shells of the shrimps. Chop the labong, Saute the garlic, onion and pimenton and add the meat and shrimp slices. Add the sliced and fried tokua then the shrimp juice.

Simmer a few minutes then add labong. Season to taste and cook until tender. Wrap in lumpia wrappers and lettuce and serve with sauce.

LUMPIA SAUCE

Mix together
3 tablespoons cornstarch
1/3 cup brown sugar
1/4 cup toyo sauce and
1-1/2 cups water. Strain if lumpy
1 head garlic
1 tbsp. fat

Fry until brown, segments of macerated garlic. Remove the garlic. Into the heated fat pour slowly the sauce batter, stirring constantly until mixture thickens. Top with fried garlic.

LUMPIA WITH PAPAYA

3 cups green papaya, shredded to long, narrow pieces
1/2 cup pork, sliced to small pieces
1/4 cup shrimps, sliced
2 segments garlic, chopped fine
Lumpia wrappers
2 tbsps. onion, sliced
2 tbsps. lard
1/4 cup broth or shrimp extract
Salt and toyo to taste
Achuete coloring
Lettuce

Mash papaya with salt and squeeze dry after washing off salt. Saute garlic in 2 tablespoons lard; add onion, pork, and shrimps, and continue sauteing until meat is cooked. Stir in the shrimp extract. Boil. Add papaya and cook until papaya is tender. Add toyo and salt to taste and achuete coloring and mix well. Wrap in lumpia wrappers with lettuce just before serving, and serve with sauce.

LUMPIA WITH PEANUTS

1/4 kilo pork, sliced
1/2 cup shrimps (shelled)
1/2 head small cabbage (cut fine)
1 small onion, sliced
3 cloves garlic, chopped fine
1 cup ground peanuts
2 tbsps. toyo (soy sauce)
1 small bundle kinchay
2 medium-sized carrots (diced)
2 medium-sized yellow camote (diced)
1 cup habichuelas (sliced)
3 tbsps. lard
1 cup shrimp juice from pounded shells and heads of shrimps
2 squares tokua (diced)
Lumpia wrappers
Lettuce leaves

Extract the fat from the pork. Saute garlic, onion and tokua. Add the pork, shrimp, then the shrimp juice. Simmer and then add habichuelas, carrots, cabbage and yellow camote. Season with toyo and cook until done. Set aside in a platter to cool. Add the kinchay, sprinkle half of the amount of ground peanuts and wrap in individual wrappers with lettuce. Before closing each wrapper sprinkle about 1 teaspoon more of peanuts into each. Wrap and serve with lumpia sauce.

LUMPIA WITH UBOD—1

1 coconut ubod (heart)
1/4 kilo shrimps
1/2 kilo pork
1 teaspoon sugar
1/2 cup shrimp juice
Salt to taste
Lard
Lumpia wrappers
Lettuce

Boil the pork until tender. Extract the shrimp juice from the shrimp shells. Cut the coconut heart (ubod) into strips. Saute the shrimp and pork and then add the shrimp juice. Boil. Add coconut heart. Simmer over low heat until the coconut heart is tender. Add the sugar and salt and cook a minute longer. Cool. Wrap in lumpia wrappers and lettuce.

LUMPIA WITH UBOD—2

½ cup shrimps
½ cup pork
1 cup shredded cabbage
¼ cup garbanzos
1 cake tokua
2 cloves garlic
½ tbsp. sugar
Toyo and pepper to taste
1 cup ubod (coconut)
1 small onion
1 Spanish sausage
¼ cup ham
½ cup potatoes
½ cup lima beans
1 small carrot cut into strips
½ cup shrimp juice
Salt
Lumpia wrappers and lettuce

Blanch the shrimps, boil the pork until tender. Slice and cut the other ingredients, pound shrimp heads and mash in 1/2 cup pork broth. Strain liquid. Fry tokua until golden brown then add the pounded garlic, onion, shrimps, pork and the lima beans. Add meat shrimp liquid, sausage, toyo and 1/2 tablespoon sugar. When the lima beans are half done, add the potatoes, ham, carrot, ubod, cabbage and garbanzos and let boil for five minutes. Season with salt and pepper. Let cool and wrap in lettuce and wrapper.

LUMPIA WRAPPER—1

2 cups flour
1 cup cold water

Mix the water and flour well. Work continuously with the hands in up and down motion until the gluten part of the flour will stick together into a mass and dough can be picked up at once. Grease very slightly a clean carajay. Drop a small ball of dough (in just a second) pressing it into a round sheet lightly and evenly over the deep part of the carajay, lift and pick very thin crust that sticks as it dries up.

CAUTION: Never make the heat of the fire too intense. Regulate it by using charcoal. Grease the carajay very slightly in the beginning, but avoid greasing it too often. When the wrapper is removed, scrape with a knife any remaining dough in the carajay, and wipe it with a clean cloth, used for the purpose. Trim neatly the edges of the wrapper.

LUMPIA WRAPPER—2

1 cup flour
1 cup water

Mix flour and water and blend well to form a smooth batter.

Grease a clean griddle or frying pan very lightly. (Best way to do this is: use a piece of clean cloth or paper lightly moistened with oil and wipe surface of pan.)

Using a paint brush, paint batter thinly over griddle or pan, working fast. Remove with pan cake turner as batter dries.

MEAT BALLS WITH "SOTANGHON"

1/2 cup ground pork
2 tbsps. chopped onion
1 egg
1 tbsp. flour
1 tsp. salt
1/4 tsp. pepper
2 segments garlic, minced
2 tbsps. onion, sliced
2 cups meat or chicken broth
1/2 cup soaked "sotanghon"
2 tsps. toyo
1 tsp. pepper
1/4 cup green onion, cut fine
1 tbsp. lard

Combine the first six ingredients together; form into balls about one inch in diameter. Saute garlic in lard, add onion and broth. Boil. While boiling drop meat balls one by one. Cook until meat is almost done, add the "sotanghon" and cook about five minutes longer. Season with toyo and pepper. Pour into a soup tureen or bowl. Sprinkle with green onion and serve hot.

MECHADO

1 kilo beef, lean
4 big onions, whole
1/2 cup vinegar
Strips of pork fat
1 can tomato sauce (small)
6 potatoes, cut in halves
1/2 laurel leaf
2 tbsps. fat
1 tsp. pimenton
Salt to taste

Insert fat strips lengthwise in beef. In a deep pot or pan, place the meat, laurel, tomato sauce, vinegar, salt to taste and water to cover. Cover and simmer until tender. Add potatoes, onions and pimenton and continue cooking. When most of the broth has evaporated and potatoes are cooked, add the fat and stir well. Serve meat sliced crosswise.

MENUDO

1 cup diced liver
2-1/2 cups diced pork
3 diced potatoes
1/3 cup boiled garbanzos
3 medium-sized tomatoes
3 segments garlic, pounded
1 medium-sized onion, sliced
1/2 cup water in which pork was cooked
1/2 tsp. pimenton
Shortening
Salt to taste

Cook pork in water to cover until tender. Dice.

Saute garlic, onion and tomatoes in shortening. Add pork and liver and continue sauteing for 5 minutes. Add water and salt, and pimenton (to color).

Add potatoes and cooked garbanzos. Cook until potatoes are done.

MENUDO DE RABO

1 small cow's tail, boiled soft
1/4 kilo potatoes
2 pieces carrots
1 cup garbanzos
1 chorizo de Bilbao, sliced
2 onions
2 pieces sweet pepper
3 tbsps. lard
1 tbsp. toyo
3 cups of broth in which the tail has been boiled
4 tomatoes, sliced
Salt and pepper to taste

Cook cow's tail in water to cover until tender. Cut into serving pieces. Cut in the same way the potatoes and carrots. Saute the onion, add the tomatoes, then the cow's tail and the potatoes and carrots. Cover well and cook until it is almost dry. Then add the chorizo, garbanzos, and toyo, cover again and continue cooking for a few minutes. Add the broth and the pepper. Boil for a few minutes more or until the potatoes are soft. Season to taste.

MISUA

1 small bundle misua
3 eggs
1 tablespoon cooking oil
1 clove chopped garlic
1 small onion, sliced
3 cups water
Salt and pepper to taste

Saute chopped garlic in oil until brown. Add onion and saute until onion wilts. Add water and salt and pepper to taste. When water boils, add eggs whole, one at a time. Break misua into 3 inch lengths and add. Remove from heat and serve hot.

MISU-TOMATO SAUCE

2 tbsps. misu (soybean curd)
1 tbsp. lard
1 tsp. minced garlic
1/4 sliced onion
4 medium-sized tomatoes, sliced
Salt to taste

Saute garlic in lard, and when brown, add onions. Add tomatoes and cook about three minutes. Add misu and mash mixture with the back of the stirring spoon. Cook for about three more minutes. Season to taste. Serve with Pesang Dalag

MONGO GUISADO

3/4 cup mongo
1 tbsp. lard
1 teaspoon crushed garlic
1 cup shrimp juice
Patis to taste
1/2 cup sliced pork
1/2 cup peeled shrimps
1/2 cup sliced ripe tomatoes
1 regular-sized onion
1 cup sitsaron (cracklings)
1 cup ampalaya leaves

Wash the mongo and boil it in enough water to cover until it is cooked. Prepare the shrimp juice. Saute the garlic, onion tomato, pork, shrimps and add patis to taste. Add the shrimp juice stirring well to avoid curdling and boil mixture. Add cooked mongo and sitsaron. Continue cooking until done. Add ampalaya leaves before removing from fire.

MORCON — 1

1 kilo lean beef
1/4 cup ground ham
1/2 cup ground pork
2 tbsps. grated Queso de Bola
1/4 cup sweet pickles
2 tbsps. seedless raisins
2 hard-boiled eggs, quartered
1 tsp. toyo
Juice of 3 calamansi
Salt and pepper to taste
1 unbeaten egg

Slice beef thin, about 12 by 16 inches, 1/4 inch in thickness. Spread out and season with salt, pepper, calamansi juice and toyo. Mix the rest of the ingredients, season to taste, and spread over meat. Roll as you would jelly roll. Secure with a string. Place in deep pan and cover with 2 cups water, 1/4 to 1/2 cup native vinegar, 1 sliced onion, 2 cloves garlic, 1/2 cup tomato sauce, toyo and pepper to taste, a small piece of laurel leaf. Simmer until tender. Drain, slice crosswise, and serve with gravy.

MORCON—2

1 kilo beef, thinly sliced
2 eggs, hard-boiled
2 segments garlic
2 slices of ham
1 whole onion
1 cup tomato sauce
1/4 cup vinegar
Salt to taste
12 olives
10 pepper-corns
1/2 bay leaf (laurel)
4 slices pork fat
2 pieces sausage (Bilbao or Vienna)
2 cups water
3 tomatoes

Cut the beef thin about 12 by 16 inches, and then pound to flatten it. Pound the garlic and the pepper-corns and add vinegar. Soak the beef in the vinegar mixture for a while. Cut hard-boiled eggs into halves. Cut the ham, sausage, and fat into long narrow strips and chop the olives. Spread the beef on a wooden board. Arrange in alternate rows, the ham, the pork fat and sausage. Arrange the eggs and add the olives. Roll and tie with string. Fry in deep hot fat until brown. Add water, bay leaf, onion, tomatoes, salt, vinegar with pepper-corn in which meat was soaked and simmer until tender. Add tomato sauce and continue cooking a few minutes. Remove the roll. Cut into slices and arrange on a platter. Pour sauce over meat and garnish.

NANGKA SALAD

4 cups unripe nangka, peeled
1/2 cup small red onions (sibuyas tagalog)
1/2 kilo shrimp, fresh
1/4 cup tomatoes
2 small coconuts
1 tablespoon vinegar or vinegar to taste
Salt and pepper to taste

Extract pure cream from coconut.

Boil nangka until tender. Squeeze off water. Cook shrimp, and peel.

Mix nangka, shrimp, tomatoes, onion and coconut cream. Add vinegar, salt and pepper.

OYSTERS GUISADO

1 teaspoon chopped garlic
1/2 cup sliced onions
1/2 cup sliced tomatoes
2 tablespoons cooking oil
2 cups shelled oysters
Salt and pepper

Saute the garlic in oil until light brown. Add onions and when they wilt, add tomatoes and cook about 3 minutes. Add oysters and simmer a few minutes. Season with salt and pepper. Serve hot.

PAKAM

1 chicken
1 tbsp. salt
2 tbsps. lard
2 onions
1 tbsp. patis
6 radishes
1/2 cup vinegar
1/2 tsp. pepper
2 cloves garlic, minced
3 tomatoes
1 cup water

Cut the dressed chicken at the joints and cook it with the vinegar, salt, and pepper until dry. Then bone the chicken and slice it into pieces 3 centimeters long and 1 centimeter wide. Slice the radish and onions in the same way. Chop the tomatoes. Fry the garlic and when brown add the onions, tomatoes, patis, and sliced chicken. Let cook for 2 minutes. Add the water and boil until half of the water has evaporated, then add the radish and cook until tender.

PAKAM
(Lutong Talunan)

1 chicken
2 tablespoons thinly-sliced ginger
1/2 cup sliced onion
1 tablespoon chopped garlic
1/2 teaspoon black pepper
3/4 cup sliced tomatoes
3 tablespoons cooking oil
1 tablespoon patis
3 tablespoons vinegar
1 teaspoon salt

Cut up dressed chicken and stew in enough water to cover, about 3 cups, vinegar and salt, until tender.

Saute in a skillet the garlic. When it begins to brown add onion and then the ginger. Add tomatoes. Cook about 3 minutes. Add chicken and patis and cook 3 minutes. Add black pepper and chicken stock and allow to simmer a few minutes. Serve hot.

PAKSIW (APAHAP)

1 apahap (about 1/2 kilo)
1 green pepper
1/2 cup water
1/2 cup vinegar
1 piece ginger
1 tbsp. pork lard
Salt to taste

Place cleaned fish in enamel ware or clay pot and cover with vinegar, ginger, salt and pepper and let boil. Add water and lard and as soon as mixture boils again, remove from fire. Serve cold.

PAKSIW (BANGUS)

1 (about 1 lb.) fresh, fat bangus
1 cup vinegar
3/4 cup water
1 small quartered ampalaya
1 small quartered eggplant
1 piece (1-inch long) pounded ginger
3 pieces hot green pepper
Patis to taste
Salt to taste

Clean bangus without removing the scales. Cut into two or three pieces. Salt pieces and set aside.

Prepare vegetables. Arrange ampalaya and eggplant pieces in clay pot or non-aluminum saucepan. Arrange fish and whole peppers over the vegetables. Add vinegar.

Bring to a boil without stirring. Add water and continue simmering until fish is cooked. Add patis to taste.

(Paksiw is best served cold.)

PAKSIW (PORK)

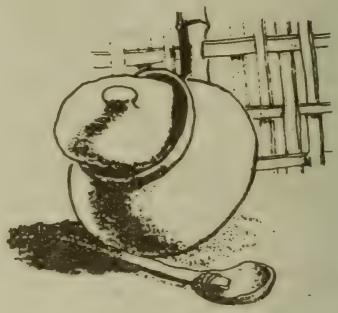
Pork (about 1 kilo)
1 cup vinegar
Marjoram
1/2 bay leaf
1/4 cup soy sauce
1/4 cup sugar
Salt to taste
Dash of pepper
One head of garlic
About 1 cup water

Mix all the ingredients and simmer until meat is tender. Stir occasionally. Serve hot or cold.

(Use clay pot or enamel ware with cover to cook this dish in.)

PAKSIW NA LECHON

1 kilo lechon
1-1/2 cups lechon sauce
Thyme
Cinnamon
1/2 laurel leaf
1 head garlic
3/4 cup vinegar
3 tbsps. soy sauce
Pepper-corns
Salt
4 tbsps. brown sugar



Mix all ingredients in clay pot or enamel ware and simmer for about half an hour over low heat.

PAKSIW NA PATA

1 pig's pata
Water to cover
1/2 cup vinegar
Brown sugar to taste
Salt, toyo and pepper to taste
1/2 cup dried banana blossom
Laurel, oregano, cloves
4 saba bananas, fried
1 clove garlic

Soak banana blossom and remove hard tips.

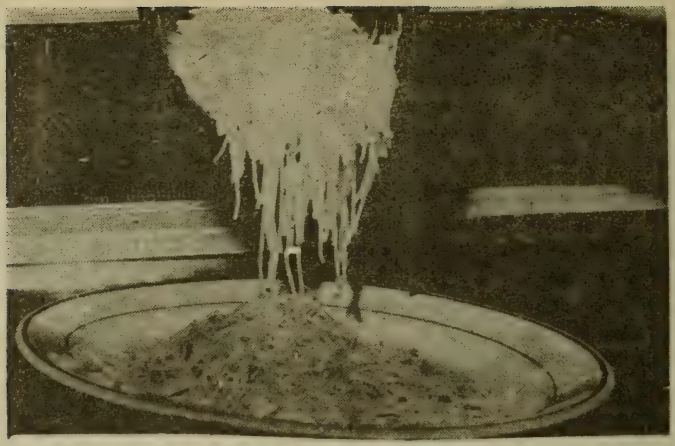
Clean pata well, add water to cover and the rest of the ingredients except the fried saba. Boil, then lower heat and allow to simmer until very tender. Add saba and continue simmering a few minutes.

PANCIT GUISADO

1/2 cup boiled chicken (flaked)
1/2 cup boiled shrimps (sliced in long narrow strips)
1/2 cup boiled pork (sliced in long narrow strips)
1/2 cup cooked ham (sliced in long narrow strips)
1 cup cabbage (shredded)
Calamansi halves
1½ tablespoons toyo
1 kilo miki
4 segments garlic
1 onion (sliced)
1 cup shrimp juice
Salt to taste
Pepper

Fry separately the garlic, onion, shrimps, pork, chicken and ham. Set aside a portion of each for garnishing the dish. To the rest add the toyo, shrimp juice, salt and pepper. Simmer for about five minutes, then add the cabbage mixing well, and simmer until almost dry. Blanch miki in boiling water for about two minutes and fry in lard. Then add to the mixture. Arrange on a platter and garnish with the previously set aside fried garlic, pork, chicken, shrimps, ham and slices of lemon.

Pancit Guisado



PANCIT "LUGLUG"

- 1/2 kilo dried rice noodles (bijon) (Soak this in cold water ten minutes, then drain)
- 1/2 cup shelled shrimps
- 1/2 cup lard
- 1/2 cup finely sliced green onions
- 4 tbsps. flour in 1/2 cup cold water for thickening the sauce
- 2 quarts boiling water or meat stock
- 1/2 cup finely flaked smoked fish (tinapa) (pick small fish bones off)
- 1/2 cup powdered crisp cracklings (sicharon)
- Celery leaves for garnish
- 1/2 cup sliced, boiled pork
- 1/2 cup soy bean cake (Tokua), cut into small cubes
- 1 head garlic (minced)
- 1/2 cup chinese celery (kinchay.), sliced into half inch bits
- 2 cups shrimp juice
- Salt and pepper to taste
- 1/4 cup "achuete" water
- 2 hard-cooked eggs, sliced lengthwise
- 12 calamansi

Fry garlic until brown. Drain and set aside. Fry pork in the same lard until brown. Add the tokua and the shrimps. Then add 1/2 cup shrimp juice, cover and boil. Add the kinchay and garlic with salt and pepper. Set this pork-shrimp mixture aside.

Soak the achuete in water, squeeze out the color. Add this to the rest of the shrimp juice and put the mixture in a saucepan. Add the flour water mixture. Bring to a boil, stirring constantly. Season with salt and pepper. This is the red sauce for the pancit which is called **"palabok."**

Boil 2 quarts of water in large container. Fill a small long handled bamboo or deep wire skimmer with a cup of the rice noodles. Dip the skimmer into the boiling water for one minute. Drain well. Pour the noodles into individual plates or into a large serving platter. Cover with red sauce. Top the sauce with the pork-and-shrimp mixture, then sprinkle finely flaked fish and crackling over this. Garnish with slices of eggs, celery leaves, green onion and calamansi. Serve hot with patis and calamansi juice.

PANCIT MAMI

1 cup miki (fresh)
1/3 cup shredded pork
1/2 cup chicken meat
2 tablespoons chopped onion leaves
2 cloves garlic, chopped
2 tablespoons lard
2 cups chicken stock
Salt and pepper to taste

Boil pork and chicken, adding little salt till tender. Saute the garlic in the lard till brown. Add the chicken and pork. Add the chicken stock, cover. Simmer for two minutes. Season with salt and pepper to taste. Pour over miki in individual bowls. Serve hot. Top each serving with onion leaves.

PATOLA AND SHRIMP REBOSADO

1 large patola (peeled, sliced crosswise)
2 cloves garlic
12 fresh shrimps (shelled)
2 eggs, beaten
2 tbsps. flour
Salt to taste
2 cups shrimp juice
1/2 cup sliced onion
1/2 cup cooking oil

Remove the black intestines of the shrimps, by cutting partly the back. Salt to taste, then roll in flour. Drop each shrimp in beaten eggs and fry in hot oil and set aside.

Saute the garlic, then the onion in 2 tablespoons oil. Add the shrimp juice and bring to boil. Add the patola. When almost cooked, remove from heat. Salt to taste and add the shrimp rebosado. Serve hot.

PATOLA OMELET

1 patola, peeled, sliced
2 eggs, beaten
1/4 cup sliced tomatoes
2 cloves garlic
3 tablespoons cooking oil
Salt and pepper to taste

Saute in 1 tablespoon cooking oil the garlic until it turns light brown. Add tomatoes and then the patola. Cook over low heat until patola is cooked. Add salt and pepper to taste.

Beat eggs and add salt and pepper to taste. Heat remaining oil in skillet and pour beaten egg. Leave without touching for half a minute or so then lift a little where it has begun to set, tilting pan to help spread the egg. When egg is almost set, place cooked patola in center gently. With spatula, fold set egg over the filling. Serve immediately.

PATOLA WITH MISUA

2 regular-sized patolas
2 cups chicken stock
1 cup misua cut to 4-inch length
1/4 cup sliced onion
3 cloves garlic, crushed
2 tablespoons cooking oil
Salt and pepper to taste

Peel patola and slice crosswise, about 1/4-inch thick.

Saute in oil the garlic until it turns light brown. Add onion and, later, patola. Add the chicken stock and bring to a boil. Add misua and salt and pepper to taste and stir well. As soon as misua is cooked remove from heat immediately. Serve hot.

Lumpia with Ubod

Menudo

1/2 cup chopped boiled peanuts
1/2 cup sotanghon, soaked in water
2 tablespoons onion
1 clove of garlic
Dash of white pepper
1/2 cup ground pork
1 egg, beaten
Salt and pepper
2 cups broth
Green onion

Mix peanuts, pork, salt and pepper to taste, green onion, and beaten egg together and form into balls. Set aside. Saute garlic and onion. Add the broth and let boil. Drop in the peanut-pork-balls and cook till pork is done. Add the soaked sotanghon. Add salt and pepper to taste. Serve hot.

PESA (CHICKEN)

1 fat chicken
2 potatoes
1 onion
Cabbage (amount desired)
Salt and pepper-corn
Green onions
Pechay

Boil chicken in enough water to cover with onion and salt to taste and pepper-corn. When the chicken is tender add the potatoes, cabbage, pechay, and green onions. Serve hot.

PESANG DALAG (MUDFISH)

1 medium-sized dalag (cleaned scrubbed until white)
1 piece crushed ginger about 1 inch long
1 small onion, quartered
2 heads of pechay
1 small head of cabbage
10 pieces of pepper-corn
Salt or patis
2 stalks of green onions or leek
2 cups rice washing

Clean the fish until the dark outer skin is peeled off to reveal the milk-white layer underneath or dip in boiling water with a little vinegar and scrape off dark skin with paring knife. Cut into slices and salt to taste. Saute ginger, onion and fish. Add rice washing, peppercorn, cabbage, pechay, and green onions or leek. Bring to a boil and remove from heat at once to avoid overcooking; season to taste. Serve hot with Misu-Tomato Sauce.

PICADILLO DE CARNE

2 tablespoons lard
3 pieces pounded garlic
1 whole onion, cut in pieces
3 potatoes, diced fine
Salt to taste
3 tomatoes, sliced fine
3 cups water
1 cup ground meat

Saute in lard the garlic, onion, and tomatoes. Add the ground meat and salt to taste and cover while mixture simmers. Then add the water and boil gently. When meat is soft, add the diced potatoes and continue cooking until potatoes are done. Serve hot.

PINAKBET — 1

6 eggplants
4 regular-sized ampalaya
5-6 regular-sized tomatoes
1 onion
3 tbsps. bago-ong (alamang)
1 cup pork
2 pieces garlic

Prepare the eggplants and ampalaya by dividing them into four parts. Slice the tomatoes. Cut the pork into small pieces. Saute the garlic, onion, tomatoes, bago-ong and pork in a frying pan. When half done add the eggplant and the ampalaya and 1 cup of water. Season to taste. Simmer until cooked.

Or simmer together in well covered clay pot until vegetables are crisp-tender.

PINAKBET — 2

1 cup fatty pork pieces
1 large ampalaya
4 small eggplants
5 pieces okra
1/2 cup sliced tomato
1/4 cup sliced onion
2 tablespoons bagoong
1 cup water

Cook pork in 1/2 cup water, uncovered, until all the water has evaporated. Continue cooking, stirring, until the pork pieces turn brown.

Slice ampalaya, eggplants and okra into pieces about 1 inch by 3 inches, washing well before slicing, not after.

Arrange vegetables and pork in clay pot or enamel saucepan, add bagoong and water and simmer until vegetables are just crisp-tender.

Correct seasoning by adding salt or patis if necessary.

PINAIS

2 small young coconuts grated
1 cup thick coconut milk
1 cup thin coconut milk
2 cups peeled and deveined shrimps
1 small onion
Hot pepper (sili labuyo) to taste
Salt to taste
Wilted gabi leaves

Chop shrimp fine. Chop grated coconut and onion. Mix shrimp, coconut and onion and add salt and pepper to taste.

Wrap by tablespoons in gabi leaves. Arrange in earthenware pot (balanga). Pour over wrapped mixture the thin coconut milk, cover and simmer over low heat. Shake pot once in a while to avoid burning the bottom layer. When almost cooked, add the thick coconut milk and hot pepper. Continue cooking until the sauce has thickened and the wrapped mixture is cooked.

POCHERO

1 chicken
1 small cabbage
2 patotoes, quartered
2 chorizos de Bilbao, cut into desired size
1 clove garlic, minced
2 slices of Ham or Tocino
8 tablespoons lard
1/2 kilo pork
6 saba bananas
5 ripe tomatoes or
1 Small can tomato sauce
1 onion, minced
3/4 cup cooked garbanzos
Salt to taste

Cut the chicken and pork into serving pieces bring to a boil and simmer with ham and chorizos until tender. Season with salt Remove meat from casserole and use meat stock to boil in cabbage and potatoes. Cook bananas separately.

Saute garlic, onion and tomatoes or tomato sauce in lard. Add meat and just enough broth to make a thick sauce. Season to taste. Add garbanzos. Serve with all cooked vegetables and bananas.

EGGPLANT SAUCE FOR POCHERO

5 small eggplants
2 cloves garlic
Salt and pepper to taste
Vinegar to taste

Broil eggplants on a "parilla" on top of the electric range or over charcoal heat, or under broiler in the oven. Peel and mash.

Chop garlic fine and add to mashed eggplant. Add vinegar and salt and pepper to taste.

POCHERONG DALAG

1 medium-sized dalag
1/2 cup fat
3 small ripe tomatoes, chopped
1/2 head garlic
1 small onion, sliced fine
3 ripe saba bananas, cut into halves
1/2 small cabbage, cut into 4 parts
2 potatoes (cut into halves)
1 cup water
Salt

Clean and slice dalag. Fry the pieces in deep hot fat.

Saute the garlic, onion and tomatoes. Add water. When it boils, add the bananas, the cabbage and potatoes. Simmer, covered, until vegetables are done. Add fish and salt to taste. Serve hot.

POLIO ASADO DE CARAJAY

1 young chicken
1/2 cup native vinegar
1/2 cup water
1 large onion
1 large tomato
1/2 head garlic, macerated
1/2 tbsp. paprika
1/2 cup shortening
Laurel leaf
Chicken liver
Salt and pepper

Disjoint chicken and simmer in vinegar and water with the garlic head, salt and pepper, and laurel. When the liquid has evaporated, add the shortening and brown the chicken and the garlic in it. Add the chopped tomato, sliced onion and paprika, and more water if necessary. Cover and continue simmering until tender. Chop the liver and add to the mixture

PORK CHOPS

4 loin pork chops
1 clove chopped garlic
2 tablespoons bread crumbs
2-1/2 tbsps. olive oil
1 egg
1/4 cup vinegar
1 tsp. chopped parsley
2 tablespoons flour
Salt and pepper

Soak chops in vinegar for 1 hour. Remove, dry and sprinkle with salt and pepper. Beat egg, adding a small amount of water. Roll chops in flour, then dip in egg, then in mixture of bread crumbs, garlic, parsley, salt and pepper. Fry in oil quickly browning on both sides. Reduce flame, cover, and continue cooking until well done.

PORK INIHAW

Cut pork into desired serving pieces and soak these in a mixture of vinegar, chopped garlic, ground black pepper and salt or toyo. Drain off liquid and roast over live embers or under range broiler.

PORK TAPA — 1

1 kilo pork, thinly sliced
4 cloves garlic, minced
6 tbsps. toyo
6 tbsps. vinegar
1 tsp. saltpeter
1 tbsp. salt
Sugar to taste

Place pork in a deep dish with garlic, vinegar, toyo, saltpeter, sugar and salt. Let stand for several hours or for several days. Fry to a golden brown.

PORK TAPA — 2

1 kilo pork shoulder, lean and fat sliced thin
1/2 cup brown sugar
1/2 cup coarse salt
1/4 teaspoon saltpeter

Mix brown sugar, salt and saltpeter and blend very well. Sprinkle pork pieces on both sides with the mixture and store covered in refrigerator, in enamel or glass bowl, at least three days. Wash off salt mixture before frying.

RADISH KILAWIN

6 radishes
1/2 cup shrimps
2 teaspoons salt
1 tablespoon strong vinegar
1/2 cup pork, cut into 1/2 inch cubes
1 clove garlic, pounded
1/2 cup sliced onion
A pinch of powdered black pepper
1/2 cup sliced tomatoes
1 tbsp. cooking oil

Pare radish and slice thinly crosswise. Work lightly with 1-1/2 teaspoons salt. Rinse once and drain. Boil shrimps, shell and cut lengthwise into halves. Pound the heads of the shrimps and extract the juice using the water in which shrimps have been boiled.

Fry pork till light brown. Remove from pan and saute garlic, onion and tomatoes; add shrimps, and 1/2 teaspoon salt. Cook 3 minutes; add cooked pork and shrimp liquid. Cook 2 minutes, stirring constantly. Add drained radish, cover and cook about 10 minutes. Add vinegar and pepper. Bring to a boil and remove from fire. Serve hot.

RELLENONG ALIMANGO

6 crabs (alimango) cooked
Cooking oil
1 onion, chopped fine
2 tomatoes, chopped fine
2 potatoes, diced fine
3 eggs, beaten
Salt and pepper to taste
Bread crumbs

Remove meat of crabs. Fry the potatoes. Saute onion in 1 tablespoon oil and when tender, add the tomatoes and continue cooking about 2 minutes. Add the crab meat and potatoes. Season to taste.

Clean each crab shell and moisten it with a little beaten egg, fill with crab meat mixture and pack firmly. Dust top with bread crumbs and dip in beaten eggs. Fry top side down in hot oil.

RELLENONG BAÑGUS

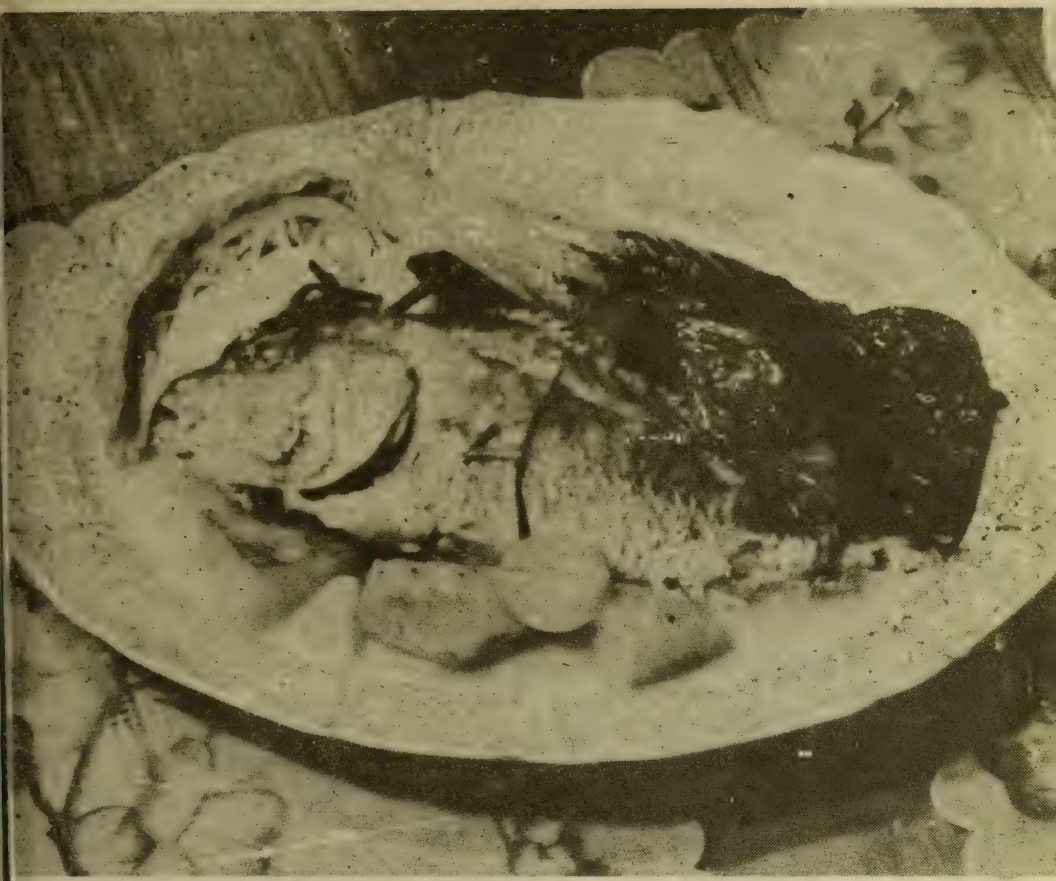
1 bañgus
2 large tomatoes
1 onion
Salt and pepper to taste
1 clove garlic
1 egg, beaten
1/2 cup peas
2 calamansi

Clean the bañgus and cut open at the back. Remove the meat of the fish. Free of all spines. Add salt and pepper to flaked meat. Saute garlic, onion and tomatoes. Add meat of fish. Cook well. Before removing from fire add juice of calamansi and peas. Add slightly beaten egg. Fill bañgus skin with mixture and sew up opening. Fry in deep hot fat until fish is golden brown.

SALMON GUISADO

1 1-lb can salmon
1 cup sliced ripe tomatoes
1 tablespoon crushed garlic
1/2 cup sliced onion
3 tablespoons cooking oil
Salt and pepper to taste

Saute garlic in oil until it turns light brown. Add the onion and cook until it's transparent. Add tomatoes and allow mixture to simmer covered, until mixture is quite thick. Add salmon and water from the can. Do not cut up or mash salmon. Leave it whole. Continue cooking only until fish is heated through.



Salza Blanca

SALZA BLANCA

1 bacoco or apahap
3 quartered ripe tomatoes
2 quartered onions
3 quartered potatoes
1 small bunch leeks
1/4 small cabbage, cut into 3 slices
1 small bunch pechay
5 cloves garlic, minced
1/4 cup salad oil
1 to 2 tbsp. flour
Salt and pepper

Heat salad oil, add garlic and fry until brown. Add flour, stirring mixture well, then add 2 cups water. Add vegetables, cover container and cook until potatoes are almost done. Add fish (whole) and continue cooking until fish and vegetables are cooked. Season to taste.

SHRIMP CROQUETTES

1/2 cup peeled shrimps, chopped fine
1/2 cup shrimp liquor (extracted from pounded heads)
1 small onion, chopped fine
1/2 cup sliced ripe tomatoes
2 cups mashed, boiled potatoes
Salt and pepper to taste
Paprika
Bread crumbs
2 beaten eggs
Fat

Saute onions in about 2 tablespoons fat. When onions are tender, add tomatoes. Cover and let simmer until tomato skin curls up and mixture is quite thick. Add shrimps and shrimp liquor and continue simmering until shrimps are cooked.

Add mashed potatoes and salt and pepper to taste and paprika, if desired. Continue cooking over low heat, stirring now and then to avoid burning, until mixture is quite dry. Remove from pan and cool.

Shape into oval croquettes the size of chicken eggs, roll in beaten egg, then in bread crumbs. Roll in egg again and fry in lightly greased frying pan, rolling each around (so it will brown evenly) with the aid of a pancake turner.

SHRIMP MEAT TORTILLA

1 cup ground pork
1/2 cup shrimps shelled, cut finely
1 clove garlic, minced
1/2 cup chopped onion
2 eggs
1/2 cup sliced tomatoes
4 tbsp. shortening
Salt and pepper to taste

Saute garlic, onion, tomatoes in shortening. Add ground meat then shrimps and continue cooking until well cooked. Season with salt and pepper. Remove the cooked mixture from pan and set aside.

Grease the pan with enough shortening and line with a banana leaf. Beat the eggs, add the cooked mixture. Pour the mixture over the banana leaf, and let cook. Line a plate with another banana leaf and turn the tortilla upside down. Put it back in the pan to brown the other side. Serve hot.

SIGADILLAS WITH VINEGAR

1/2 kilo sigadillas
1 cup shelled shrimps
1/2 cup sliced pork
2 cups shrimp juice
3/4 cup chopped tomatoes
1/2 cup sliced onion
1/2 cup vinegar
Salt and pepper
2 tbsps. cooking oil
3 cloves garlic, chopped

Wash the sigadillas, and slice crosswise into thin pieces. Saute garlic and onion in oil, then add pork and tomatoes. Continue cooking until oil begins to sizzle. Add shrimps and when cooked add shrimp juice, and stirring constantly, bring to a boil. Add vinegar; simmer for a few minutes without stirring, then add sigadillas. Continue cooking until sigadillas are crisp-tender. Season with salt and pepper.

SINANGLAY

4 small hito
4 cups thick coconut cream
1/2 cup tomatoes, sliced
1 teaspoon strips of fresh ginger
1/2 cup onions, sliced
1/4 cup bagoong
1 teaspoon strips of green hot pepper
Gabi leaves

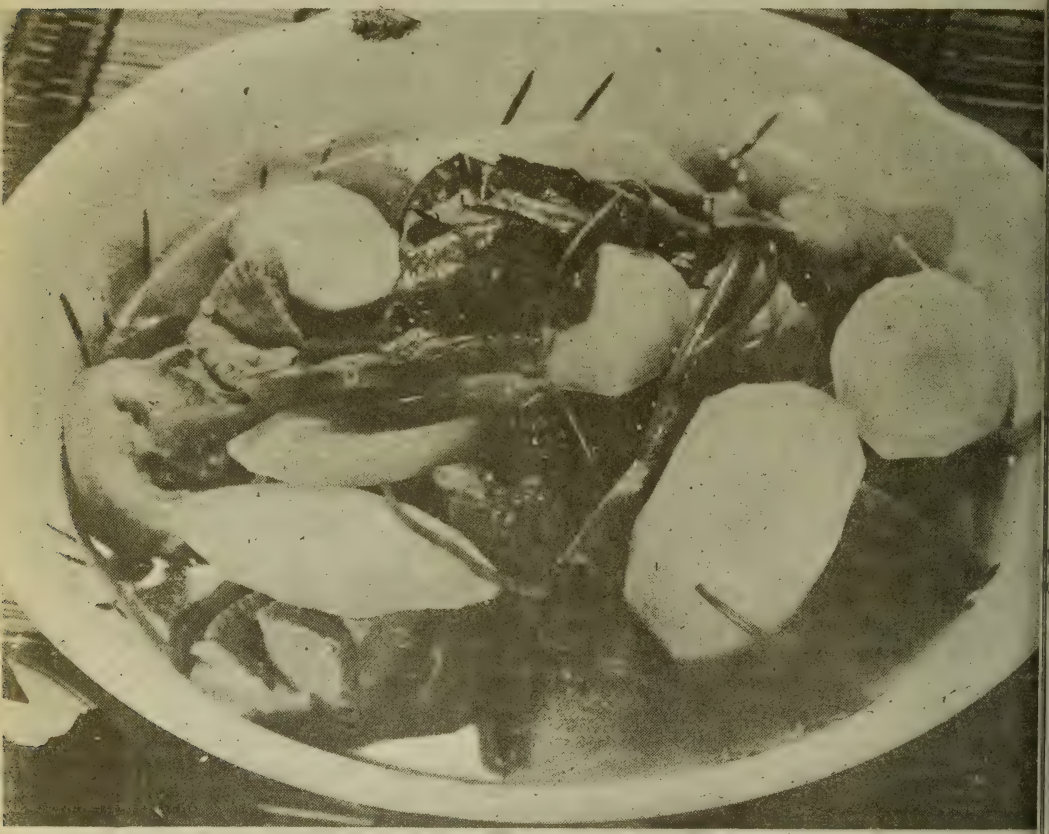
Clean hito very well. Mix onion, tomato and ginger and stuff hito. Wrap each in gabi leaves. Arrange wrapped fish in deep saucepan. Add coconut cream and bagoong. Bring to a boil then lower heat and allow to simmer. Add pepper and continue simmering until gabi leaves are cooked.

SINIGANG NA BAÑGUS

1 medium-sized bañgus
2 medium-sized tomatoes
1 onion
1 cup sitaw pods, cut into two-inch lengths
1 cup kangkong or camote tops, cut into two-inch lengths or banana heart (butuan)
8 green tamarind pods
2 cups rice washing
Patis

Clean the fish and cut into slices. Boil 1/2 cup rice washing in a covered pot with the tamarind. When the tamarind is soft, mash the softened fruit. Strain. Return into the pot, add the rest of the rice washing, cover and bring to a boil. When the water is boiling, add the onion and tomatoes, sitaw and kangkong leaves. Cover again. When the vegetables are almost cooked, add the fish. Season with patis. Bring to a boil then remove from heat. Serve with bagoong and sliced fresh tomatoes.

Sinigang na Carne.



SINIGANG NA CARNE

1/2 kilo cheap cuts of beef with bone
1/4 kilo spare ribs
1 medium-sized onion, sliced
5 green tamarinds
2 medium-sized gabi, cut into big cubes
2 medium-sized radish, cut into big slices
Salt
Kangkong
Patis
3 tomatoes, sliced
1 small bunch sitaw
10 pieces bataw

Simmer beef and pork in enough water or rice washing to cover. Add sliced tomatoes, onion and salt. Cook tamarind in another pan until soft. Mash and strain to get the pulp. Add to meat mixture. Boil and add more water if necessary. Add gabi and radish. When almost cooked add kangkong leaves, sitaw and bataw. Season to taste with patis. Serve hot with patis and calamansi.

SITAO

2 cups sitao, cut into 2-inch length
2 cloves garlic
2 tbsps. shortening
1/2 cup sliced tomatoes
1/2 cup pork sliced thinly
1/2 cup shelled shrimps
2 cups shrimp juice
Salt to taste
1/4 cup sliced onion

Brown the garlic in shortening. Add the onion, tomatoes then the pork, shrimp, salt and cook well. Add the shrimp juice, stir constantly and boil. Add the sitao and cook until just crisp-tender.

SITSARO GUISADO

2 cups sitsaro
3 cloves garlic, chopped
1/2 cup sliced onion
1/2 cup sliced tomatoes
1/2 cup sliced pork
1 cup shelled shrimps
Salt to taste
2 cups shrimp juice
2 tbsps. shortening

Brown garlic, add onions then tomatoes in shortening. Add sliced pork then shrimps and salt to taste. Add the shrimp juice stirring constantly until it boils. Add sitsaro and continue cooking until sitsaro is crisp-tender.

SITSARON
(Lechon sa Kawale)

Boil big slices of pork belly a few minutes. Remove from fire and drain while the skin is still quite hard. Deep fry in hot fat until crisp.

SOPA DE PAN ALA DIABLA

5 cups beef stock
2 chorizos de Bilbao, sliced thin
Fried bread cubes
1 onion, sliced
Salt and pepper to taste

Fry the sliced chorizos de Bilbao and set aside. In a deep pan saute the sliced onion and when brown add beef stock. Add chorizos and boil. Season with salt and pepper. Serve hot with fried bread

SPARERIBS AND SHRIMPS IN COCONUT MILK

1/4 kilo spareribs
1/4 kilo live shrimps
2 tablespoons bagoong (less if it's salty)
1 coconut
1 clove garlic
1 teaspoon thin strips of fresh green, hot pepper
1/2 cup young sili leaves

Extract milk from coconut, separating the thick cream (kakang ;ata).

Cook spareribs in thin coconut milk and garlic until meat is very tender. Add bagoong, unpeeled shrimp and coconut cream. When cream begins to curdle add pepper and sili leaves.

SQUASH FLOWERS

2 tablespoons fat
2 cloves garlic, crushed
1 large tomato, sliced
Salt to taste
1/4 pound pork, finely sliced
1/2 cup water
3 cups squash flowers (about twenty large)

Heat fat, add garlic and cook until golden brown in color. Add he tomato. When tomato is cooked, add pork and cook about 15 minutes or until meat is tender. Add the water. When mixture egins to boil, add the squash flowers (stem and calyx removed from ach) and season with salt to taste. Serve hot.

SQUASH WITH COCONUT MILK

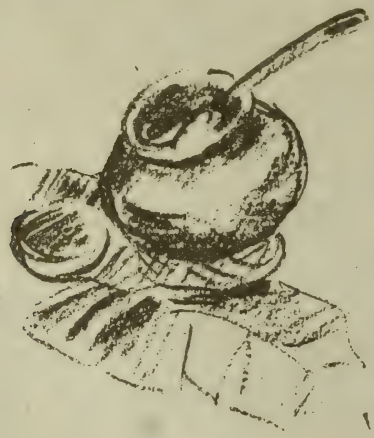
1 small squash, cubed
3 cloves garlic, crushed
1 cup shrimps (peeled)
1 cup shrimp juice from heads
Salt and pepper
1 cup coconut milk

Brown the garlic in fat. Add the shrimps then the shrimp juice and simmer for ten minutes stirring constantly. Add squash and cook until almost done. Season with salt and pepper. Just before removing from fire add coconut milk, continue simmering a few minutes, stirring well. Correct seasoning.

SQUASH WITH SHRIMPS

1 small squash (about 6 cups cubed)
1 cup shrimp (shelled)
2 cups shrimp juice (thick)
Salt and pepper to taste
5 cloves garlic (chopped)
1/2 cup sliced onion
1/2 cup chopped tomatoes
3 tbsps. shortening

Peel and cut squash into cubes. Brown the garlic in shortening then add onion, tomatoes, shrimps and cook well. Add the shrimp juice, stirring now and then to avoid curdling, and bring to a boil. Add the squash, salt and pepper to taste.



Paksiw na Pata

Morcon

Pochero

Pansit Molo

Pancit Luglug

STUFFED EGGPLANT

4 small eggplants
1/2 cup ground pork
1/4 cup ground beef
1/2 cup sliced onion
1/2 cup sliced tomatoes
2 eggs
Cooking oil
Bread crumbs
Salt and pepper to taste

Roast or broil eggplants and peel.

Saute onion in 1 tablespoon oil and add tomatoes. When cooked, add ground meats. Cook covered about 15 minutes, stirring now and then. Season to taste. Divide into four portions and fill each broiled eggplant with one portion. Dust with bread crumbs and coat each with beaten egg. Fry in hot oil.

STUFFED FROGS

6 edible frogs, skinned, whole
1 cup finely-chopped pork
1/4 head garlic, chopped fine
1/8 cup vinegar
1/2 teaspoon brown sugar
Salt and pepper to taste

Mix pork with garlic, vinegar and seasonings. Stuff body cavities of well cleaned frogs. Rub with seasoning and hang in the sun to dry Fry in deep hot fat until frogs are crisp and golden brown

STRING BEANS GUISADO

1/4 kilo string beans, cut crosswise about 2 inches
1/2 cup shelled shrimps
1/2 cup pork, sliced thinly
1/2 cup sliced tomatoes
1/2 cup sliced onion
3 cloves garlic, chopped
Salt and pepper
2 tbsps. shortening
Salt to taste
1 cup shrimp juice

Saute garlic and onion in shortening. When brown, add tomatoes, pork and shrimps. Add salt and pepper to taste. When shrimps are cooked, add shrimp juice stirring constantly to avoid curdling. Bring to boil. Add string beans. Continue cooking until string beans are crisp-tender.

STUFFED PEPPER

1/2 cup shrimp meat, chopped fine
1 cup ground pork
8 medium-sized peppers (green or red)
1 tbsp. chopped onion
2 tomatoes, chopped
Salt and white pepper to taste
2 eggs, beaten to a froth
3 cloves garlic

Roast pepper then peel and remove the seeds. Saute garlic and when brown add onion, tomato, shrimp, ground meat and salt and pepper to taste. Stuff the pepper with the cooked mixture. Roll pepper in the beaten eggs. Fry in hot fat and serve hot.

Stuffed Shrimps

STUFFED SHRIMPS

12 big shrimps
12 tbsps. ground pork mixed with
1 tbsp. chopped green onion
Salt and pepper to taste
12 lumpia wrappers

Remove the shells of the shrimps, leaving the tails intact. Open the back of each and fill opening with 1 tablespoon of finely-chopped pork and onion seasoned with salt and pepper to taste. Wrap in lumpia wrappers and fry in deep hot fat. Serve hot.

Suam na Sugpo

SUAM NA SUGPO

1 piece ginger (about 1/2 inch cube), sliced
4 cups rice water
1 cup malunggay leaves
Patis to taste
6 large shrimps (sugpo)
1 tablespoon lard
2 cloves garlic, pounded
1 small onion sliced

Wash shrimps and trim heads, leaving each whole.

Saute garlic in lard until light brown, add ginger and onion. Add shrimps, then the rice water. Bring to a boil. Add malunggay leaves and patis to taste. Cover and remove from heat. Serve hot.

TAGUBA

1 kilo pork, lean and fat
1 cup water
1/2 cup vinegar
1/4 cup soy sauce
3 cloves crushed garlic
1 tablespoon brown sugar
1 cup roasted peanuts
1/4 teaspoon crushed peppercorns
1/4 of a small bayleaf
1/4 cup dried banana blossom
Salt and pepper to taste

Cut pork into 2-inch cubes. Place in non-aluminum saucepan with cover with the water, vinegar, soy sauce, garlic, sugar, bayleaf and peppercorns and bring to a boil. Lower heat and allow to simmer until almost tender. Add peanuts, banana blossom and salt and pepper to taste. Continue cooking until meat is tender.

TINAGOCTOC — 1

2 Bataway fish
1 egg
1 large onion
3 fresh peppers, cut fine
1/2 cup vinegar
3 cloves garlic, (crushed)
3 ripe tomatoes
1 pinch black pepper
A piece of ginger, sliced fine
Salt to taste
1/2 to 1 cup water

Clean the fish and cut an opening at the back, without cutting away the head and tail. Clean well the inside of the fish. Lay the fish aside. Mix the sliced onion, pepper, garlic, tomatoes, ginger, beaten egg, black pepper and season with salt. When well blended, stuff the fish with the mixture then tie each with abaca fiber. Arrange in pot or porcelain pan, add the vinegar, water and salt to taste, then bring to a boil and let simmer until the fish is cooked

TINAGOCTOC — 2

3 small dalags
3/4 cup chopped onion
3 fresh hot peppers sliced fine
3/4 cup chopped ripe tomato
1/4 teaspoon crushed peppercorn
1 teaspoon thinly sliced ginger
1 beaten egg
1 teaspoon minced garlic
1 teaspoon coarse salt
Wilted gabi leaves
1/2 cup strong vinegar in 1 cup water
1 cup pure coconut milk
Salt and pepper to taste

Clean fish inside and out until outside is milky white. Cut an opening and stuff with the mixture of onion, peppers, tomato, peppercorn, ginger, egg, garlic and salt. Wrap each in gabi leaves, arrange in non-aluminum pot or pan.

Cover with vinegar and water and bring to a boil. Simmer until fish is almost cooked then add coconut milk and salt and pepper to taste. Continue simmering until fish is cooked. Serve hot.

TINUTUNGAN

2 chickens (dumalaga)
2 cups diluted coconut milk
2 red and green peppers
Salt and pepper to taste
1/2 cup pure coconut milk
2 tender banana trunks (ubod) butuan variety
1 piece ginger
3 cloves garlic

Cut the chicken into small pieces. Slice the ubod fine, mash with salt and wash well. Saute garlic, ginger, chicken and add the diluted coconut milk. When it boils add the ubod and cook over low heat until chicken is tender. Add peppers. Add the thick coconut milk and cook five minutes more. Season with pepper and salt.

TOGUE GUISADO

1/4 cup pork
2 cups togue (sprouted mongo)
10 to 15 medium-sized shrimps
1/2 cup juice from shrimp shells
2 stems fresh garlic
1/2 tbsp. minced garlic
2 tbsps. chopped onions
1 tsp. salt
1 tbsp. lard
3 tomatoes, sliced

Saute the garlic, onions, tomatoes, pork and shrimps. Add salt and fresh garlic, (cut into 1-inch lengths). Add the shrimp juice. Cover and cook for a few minutes then add the togue. Bring to a boil, then simmer until togue is cooked. Serve hot.

SAUCE: Add toyo and sugar to taste to the soup extracted from above recipe. Add enough flour to thicken a little. Cook over low heat and stir while cooking.

TORTILLA DE CANGREJO

Meat of 6 crabs
1 young patola
2 tsps. crushed garlic
3 chicken eggs
2 onions
Fat
Salt and pepper to taste

Saute garlic then onions in 3 tablespoons fat. When brown add shredded crab meat then the patola which has been sliced fine. Season to taste. Cover. Remove from fire when patola is cooked. Drain off the soup and set aside. Heat 3 tablespoons of fat in a pan. Pour beaten egg and allow to spread to the sides of the pan. Pour mixture over the surface of the set egg and fold one side. Serve on a plate with sauce on top.

TULIA OMELET

1 cup cooked shelled tulia
Cooking oil
1 large tomato, sliced
1 tablespoon chopped onion
Salt and pepper
2 eggs, well beaten

Saute in oil the onion, tomato and tulia. Season with salt and pepper. Beat the eggs, add a little salt. Put oil in the pan, about 1 tablespoon, and heat it. Pour the eggs and over them place the cooked tulia. Turn over when egg has set and cook other side.

UMBA

1 kilo pork, cut in 2-inch cubes
2 cloves minced garlic
1 cup water
2 tbsps. toyo
2 tbsps. brown sugar
2 tbsps. fat
1 tsp. salt
1/2 cup vinegar
1 sprig oregano
1/2 bay leaf (laurel)
1 heaping tbsp. tausi

Mix all ingredients and cook until pork is tender.

UPO DINENGDENG

1/2 cup fat pork
2/3 cup water
2 tbsps. bagoong
Salt to taste
tomato
1 upo, small (about 3 cups)

Cut the pork into small slices and put into a pan with half of the water and cook until part of the lard is extracted. Drain off the lard, add remaining water, the tomato, chopped fine and the bagoong. Wash upo, peel and slice and remove the seeds. Cut into pieces. When the tomato is partly cooked add the upo and salt, cover and cook until the upo is crisp-tender.

UPO GUISADO

2 tbsps. lard
1/4 cup shrimps
2 cloves garlic
1 tbsp. bagoong
2 cups sliced upo
Salt to taste
Shrimp liquor (1/4 cup)

Heat the lard and fry the pounded garlic until brown. Add the bagoong and salt. Add the shrimp liquor and bring to a boil. Add peeled shrimps. Add upo, cover and cook until the upo is cooked (just crisp-tender). Stir now and then to prevent scorching. Serve hot.

Sweets and Desserts

As in many parts of the world, sweets and desserts punctuate luncheon and supper in the Philippines, to make them the truly enjoyable occasions they are. Here, too, meals are not the only excuse for regular dips into the candy jar. A drink of water at any time of day is a healthy enough excuse for a sweet nible. The sweets jar is also the Filipino hostess' favorite resort when friends drop in unexpectedly. Consequently, sweets-making has become quite an art in many parts of the country and especially so in Central Luzon. More than just luscious confections, the resulting work of art shows marked traces of Spanish influence.

BANANA CHIPS

20 unripe bananas, pared and sliced fine
1 cup sugar and 1/3 tsp. salt
Fat, enough for deep-fat frying

To 3 cups sliced bananas add 3 tablespoons of the sugar and salt mixture. Mix well and fry in deep hot fat until golden brown. Cool and separate sticking pieces. Or fry banana chips first then drop briefly in thick syrup.

BARQUILLOS

3/4 cup of milk
Rind of one lemon
5 egg yolks
1/4 cup of sifted flour
Sugar to taste

Add the lightly beaten egg yolks to the milk. Add this mixture to the flour to make a smooth batter. Add sugar and powdered rind. Grease a wafer iron (barquillera) on both sides. Heat this over moderate fire. Put a tablespoon of batter in the center of the hot iron, press the iron plates together. Heat the iron on both sides to brown the wafer. Using a greased wooden cone, roll the wafer to shape the barquillos while still warm and soft.

BRAZOS DE LA REYNA

Whites of 4 eggs
1 cups sugar
5 cups fresh milk
1 tbsp. butter
Sugar to taste
4 egg yolks
5 tbsps. casuy nuts, toasted and ground fine
1 tsp. vanilla

Simmer milk over low heat. Stir until milk has evaporated to one half its original quantity. Add enough sugar to sweeten. Beat egg yolks in mixing bowl. Add to yolks by spoonfuls, beating after each addition, the thickened milk. When most of the milk has been added to the egg yolks, pour egg yolk and milk mixture into the rest of the milk, stirring well to avoid curdling. Add ground casuy nuts and continue cooking over low heat, stirring constantly, until of paste consistency. Shape into a long loaf.

Beat egg white until it stands in peaks. Add 1 cup sugar, little by little, beating mixture continuously. Flavor with vanilla. Set aside.

Brush loaf generously with butter then top with meringue, forced through a cake decorator or cookie tube. Brown in slow oven. Lay upside down on pan lined with buttered paper. Brush top with butter and cover with meringue. Brown in oven.

BUCO PASTELITOS

2 cups flour
1/2 cup shortening
4 tbsps. cold water
1/2 teaspoon baking powder
1 tsp. salt

Sift dry ingredients, cut in shortening and add the water little by little. Roll thin on floured board. Then cut into small squares.

FILLING

1 cup shredded buco
2/3 cup sugar
1 tbsp. flour
1/2 cup milk
1 tbsp. butter
1 egg yolk

Mix buco, sugar and milk and cook until very thick. Stir while cooking. Then add the egg yolk, butter and flour. Mix thoroughly. Cook for five minutes more, then remove from fire. Place a small amount between two squares of dough. Brush the top with egg yolk and bake in hot oven until brown.

BUDIN

5 egg yolks
1 egg white
1 cup fresh milk
2 tablespoons butter
Sugar to taste
Assorted candied peel, chopped, about 1/2 cup
Nuts and raisins, chopped, about 1/4 cup

Mix all ingredients, except egg yolks, and cook over low heat until dry. Remove from fire, cool and add beaten yolks. Blend well. Pack in small paper cups, garnish top with slices of maraschino cherries and bake in slow oven until brown.

BUKAYO

6 cups grated coconut, chopped fine
3 cups sugar
12 tablespoons glucose

Mix coconut, sugar, and glucose. Cook in a copper vat, stirring constantly to avoid burning until it reaches a temperature of 95°C; or when it no longer sticks to the finger when touched. Place on a greased board. Roll into a sheet 12 cm. long, and 4 cm. thick. Set aside to cool. Cut with a very sharp knife crosswise to produce bars of about 12 cm. long, 4 cm. wide, and 1-1/2 cm. thick.

Wrap each bar in a piece of wax paper and keep in well covered boxes.

CAKE "SANS RIVAL"

8 egg whites
1 cup sugar
1-1/2 cups cashew nuts, finely chopped
Filling
8 egg yolks
1 cup sugar
1/2 cup water
1 teaspoon corn syrup
1/3 pound fresh butter
1/2 cup chopped cashew nuts

Beat egg whites until stiff and foamy. Gradually add 1 cup sugar, beating continuously, until soft peaks are formed. Add finely chopped cashew nuts. Grease four 9" x 14" cookie sheets and dust lightly with flour. Pour mixture into four sheets and spread thin. Bake in preheated oven (300 degrees F.) until golden brown (about 30 minutes). Remove from cookie sheets. Set aside to cool.

Put 1 cup sugar, 1/2 cup water and 1 teaspoon corn syrup in saucepan and set to boil without stirring. When thick enough to form a soft ball when dropped in a saucer of water, remove from heat and cool.

Beat egg yolks until lemon-colored. Add syrup little by little, beating well.

Cream butter and when syrup mixture is sufficiently cool, add little by little while continuing to cream. Spread layers with butter mixture and put together, one on top of the other, sandwich fashion. Spread top layer and sides with more butter mixture and sprinkle with chopped cashew nuts. Wrap in wax paper and chill before serving.

COCONUT BRITTLE

1 cup grated coconut, chopped and toasted
1 cup sugar

Melt sugar in a copper vat over a moderate fire. Stir constantly. Add coconut and mix. Pour on a greased board and roll to a thin sheet. Cut to desired pieces. Wrap in wax paper.

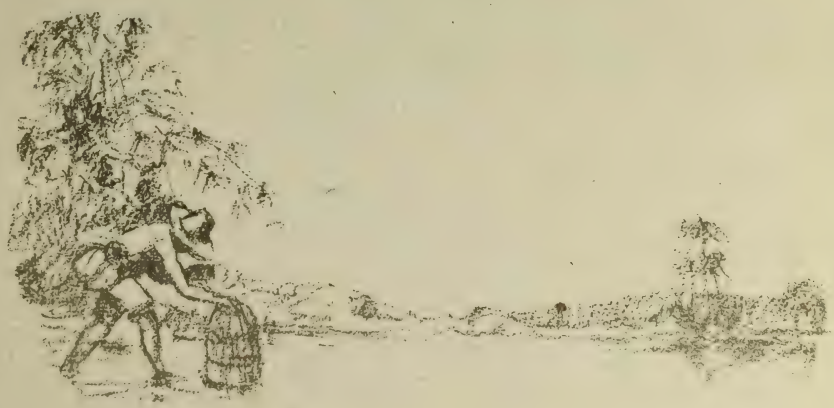
COCONUT SURPRISE

Beat three eggs until stiff, add 6 tbsps. sugar, 1 tbsp. water, and fold in 1/2 cup flour, sifted with 1/2 tsp. baking powder. Place in a thin layer on a baking sheet and bake in a hot oven (about 400 degree F.) until golden brown. Cut while hot to 2 inch squares, place about 1 tbsp. of filling on each square and fold the corners toward the center.

FILLING:

White of two eggs
1 tsp. vanilla
1 cup sugar
1/2 cup water
1-1/2 cups grated coconut

Mix the coconut, sugar, vanilla and water and cook until thick. Fold in well beaten whites.



EMPANADITAS

2 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
1 tablespoon sugar
2 tablespoons cooking oil
1/2 to 2/3 cup milk
Fruit jam for filling

Sift flour with baking powder and salt. Add sugar and sift again. Mix oil and milk. Make a well in flour mixture and pour milk mixture. With a fork or food scraper, mix liquid and flour to make a soft dough.

Roll out on slightly floured board into about 1/4 inch thick. Cut in round pieces with cookie cutter (the doughnut cutter with the center removed is best for this purpose). Place half a spoon of fruit jam (mango, papaya, guava, etc.) in the center of each round piece of dough. Moisten edges with water. Fold over half of circle and press edges together with tines of a fork.

Fry in deep hot fat until golden brown. Serve hot.

GULAMAN

2 cups gulaman (1 gulaman and 2 cups water)
2/3 cup sugar
1/2 cup pineapple (diced)
1 banana (neatly cut)
4 slices ripe mango
1/2 cup milk (fresh)

Boil sugar with gulaman. Remove from fire, pass through a sieve. Add milk and put 1 cup of the mixture in a wet mold. Put in a cool place to jell. When partly jelled arrange fruits in mold and pour the remaining gulaman. Put in a cool place until firm.

KALAMAY HATI OR MATAMIS SA BAO

5 cups coconut milk
2 cups brown sugar or panocha
1 cup invert sugar (glucose)

Mix all the ingredients together in a copper vat and cook over a moderate fire. Stir constantly and cook until thick.

To extract milk from coconuts:

Grate 5 regular-sized coconuts. Add 2 cups water to the meat and extract the milk. Mash well and pass through a sinamay cloth. Add another 2 cups of water for the second extraction. For the third extraction, add only 1 cup water.

LECHE FLAN

8 egg yolks
1 cup sugar
2 cups fresh milk
1 lemon rind or vanilla for flavoring

Scald the milk in a double boiler for 15 minutes. Blend the egg yolks with the sugar, milk and flavoring. Pour into mold lined with caramelized sugar. Place this in a bigger pan half-filled with water and bake until the mixture becomes firm. Cool before removing from mold.

(To caramelize sugar, see following recipe)

LECHE FLAN
(Coconut)

2 cups thick coconut milk
6 egg yolks
4 egg whites
1 cup sugar, refined
1 cup brown sugar

Dissolve brown sugar in 1/4 cup water and cook over moderate heat until the sugar browns, or caramelizes. Line a suitable mold with 3/4 of the caramelized syrup evenly, and set aside.

Stir the milk into the remaining 1/4 of the caramelized syrup. Place over low heat and stir continuously until all caramel is dissolved.

Mix egg yolks, and slightly beaten whites and beat lightly to mix thoroughly. Add sugar and lemon rind. Then add coconut milk with caramelized syrup and mix well. Strain through a cheese cloth and pour into the mold previously lined with caramel. Cook slowly in a pan with hot water without allowing water to boil. After about 1-1/2 hours cooking, place a piece of plain metal sheet over the mold and over this place a few pieces of live charcoal to brown top of custard. Or slip under broiler in oven just long enough to brown.

Cool and unmold before serving.

MAKAPUNO MERINGUE

1 makapuno
3 egg whites
1 pinch of anis
1-1/2 cups of sugar
1/4 teaspoonful of baking powder

Remove the syrupy part of the makapuno. Grate the makapuno or chop the soft meat. Beat the whites until stiff and dry. Add baking powder then the sugar little by little, then the anis. Shape makapuno into balls then coat with meringue. Arrange in rows in greased baking sheets and bake in a slow oven until the meringue is dry.

MANGO JAM

Scrape the pulp from ripe mangoes and mash. Use stainless knife and utensils to prevent discoloring. Measure, and to every cup of the pulp add 1/2 cup white sugar. In case of sour mangoes, increase sugar to 2/3 cup. Stir while cooking until it thickens. Pour while hot in jars. Sterilize quart jars for 30 minutes, pint jars for 25 minutes.

MANGO PASTE OR "PATILLAS DE MANGA"

Scrape off the pulp from mangoes using stainless knife or silver spoon to avoid discoloration. Measure the pulp. To every cup of the pulp add 1/2 cup sugar. Boil until very thick, or until it forms a ball when dropped in a saucer of water.

Transfer the mixture to a clean board sprinkled with refined white sugar, roll to 1 centimeter thick and let cool. When cool, cut to desired pieces. Roll in sugar and wrap in oil paper.

MANGO PRESERVE

Select only the fairly ripe but firm mangoes. Slice the mangoes and scoop out the pulp with a stainless spoon or pare the mangoes whole and slice. Trim the sides and drop in water. Drain.

Pack in jars and pour enough boiled syrup (one cup sugar to one cup water) to fill jars.

Half seal and sterilize quart jars for 20 minutes. Seal completely after sterilization and invert to cool.

MAZAPAN DE PILI

2-1/2 cups pili ground through meat grinder
1 cup white sugar
10 yolks of eggs
1/2 cup butter

Remove the oil from the ground pili nuts. Mix the yolks, sugar and butter with the nuts. Cook over low heat until the mixture thickens. Drop by spoonfuls on greased baking sheets. Brush top of each with egg yolk and bake in moderate oven. For special occasions the "mazapan" is baked in small loaf pans one inch thick, wrapped in wax paper and packed as the occasion demands.

NATA DE PIÑA

Almost any kind of pineapple, (overripe fruits, culled pineapples, the trimmings in a pineapple cannery, the excess juice or even the peelings of pineapples), can be used for "Nata" making. However, no rotten or rotting pineapples should be used.

The fruits are washed very well in running water. It is sometimes desirable to peel the fruits, as it is hard to grind the unpeeled ones. The peelings should be cut as thin as possible, without removing the "eyes" The pineapples are then sliced and ground preferably in a meat grinder. Precautions should be taken that all utensils are very clean, that is, free from oily, fatty or salty substances.

When the pineapples are not very juicy, about 1/2 to an equal volume of water is added to the ground fruits. Then add sugar amounting to about 1/20 of the whole volume of pineapple mixture. The sugared material is stirred thoroughly and placed in enameled, glass or glazed containers, or in earthware, to a thickness of 3 to 5 inches.

Cover the containers with perforated paper and tie with a string. Cheesecloth may also be used to protect the mixture from dust, insects, etc. Leave the mixture undisturbed in a safe place until a film of white mass appears on top of it. Let the mixture grow undisturbed to the maximum thickness or until the mass separates naturally from the mixture. At this stage the "Nata" is ready to be harvested. This is usually after the 3rd or 4th week.

The harvested "Nata" is bleached by soaking in several changes of water with calamansi juice or lemon juice. Let it stay in the sun until it is white and free from any sour odor. Then the "Nata" is boiled in several changes of water. This treatment kills all the organism lodged in the "Nata".

The "Nata" is now cut into pieces and cooked in medium syrup with either pineapple flavoring, lemon flavoring, lemon rind or any other desired flavoring. After boiling in syrup for 30 minutes, soak the "Nata" in the syrup overnight and then boil again the next day for 30 minutes, and soak again overnight. Continue this process until the "Nata" is transparent. If the syrup is not enough, make a new syrup and add to the "Nata".

PASTA MERCEDES

Maraschino cherries
2 tablespoons butter
1 macapuno, mashed
1 cup fresh milk
Sugar to taste
1/4 cup casuy nuts
1/4 cup egg yolks

Add milk to mashed macapuno and cook over low heat until most of the milk has evaporated. Add sugar to taste and casuy. Remove from fire, add lightly beaten yolks and butter and mix well to avoid curdling. Continue cooking over low heat, stirring constantly, until mixture can be shaped into balls. Remove from fire, cool, shape into balls the size of a small calamansi. Brush with beaten egg yolk, top with thin slices of cherries and bake on buttered cookie sheet in moderate oven until brown.

PASTILLAS DE LECHE

1 gallon fresh carabao milk
1-1/2 cups sugar
Rind of 2 lemons

Place milk in copper vat or pan over low charcoal heat. Stir until the milk has evaporated to one fourth its original quantity. Add sugar and rind and cook over low heat, stirring constantly, until the mixture forms a soft ball. Pour the paste on a sugared board, cut into 2" x 1/4" pieces, roll in sugar and wrap in fringed white tissue paper.

Pastillas de Mani

PASTILLAS DE MANI

1 cup ground peanuts
3/4 cup milk
2/3 cup sugar

Mix all the ingredients together and cook over low heat, stirring constantly to avoid burning. Cook until thick. Sprinkle sugar on a bread board and spread the mixture with a rolling pin. Cut into desired pieces.

PASTILLAS DE PILI

1 can condensed milk
1 cup chopped pili nuts
1 tbsp. almond extract
1 tbsp. glucose

Chop pili nuts after blanching and peeling. Mix with condensed milk and glucose and cook to paste consistency. Add flavoring. Roll thin and cut into desired pieces. Wrap in wax paper.

PASTILLAS DE UBE

4 cups ground boiled ube
3 cups sugar
1 big can evaporated milk

Mix all ingredients together. Cook in a copper vat (tacho) over a moderate fire. Stir constantly to avoid burning. When the ube is thick and does not stick to the vat, remove from fire and pour on a sugared board. Roll to 1-1/2 cm. thick. Cut into desired pieces.

Arrange the pieces on a cookie sheet and place in the oven (200°F) for 20 minutes. Roll in fine white sugar and wrap in paper.

PEANUT BRITTLE

1 cup chopped roasted peanuts
3/4 cup sugar

Over low heat, melt sugar in a copper vat or any shallow container. When melted pour the peanut in and stir until well mixed. Pour on a greased board and spread thin. With a rolling pin, roll as thin as possible. Cut to desired forms. Wrap in wax paper or any candy wrapper.

SANTOL IN SYRUP

20 ripe, big santols (without dark spot)
1 kilo sugar
2 cups water

Boil the santol in enough water to cover until tender, taking care not to break them. When the fruits are tender, remove from water, drain and let cool. With a sharp stainless knife, peel thinly, taking as little meat as possible. Halve each fruit crosswise so that each makes two equal cup-like pieces. Remove the seeds and soak in rice washing overnight. Remove from rice washing and wash well in clean water. Soak again in fresh rice washing for another twelve hours. Remove from rice washing and rinse well. Boil water in a pan big enough to hold the pieces without crowding each other. Drop santol in boiling water and cook about five minutes or more. Remove from water and drain.

Make syrup using 2 cups water and 1 kilo sugar. Boil until syrup spins a thread when dropped from a spoon. Add the drained fruit and cook in syrup about 10 minutes. Remove from fire and cool. Leave soaked in syrup for another 12 hours. Remove fruit from syrup and boil syrup anew. When it boils, drop fruit and boil in syrup about 3 minutes. Remove from fire and pack in clean, dry glass jars.

SUSPIROS DE PILI AND CASUY

2 cups sugar
2 tablespoons glucose
1 cup casuy nuts
1 cup pili nuts

Caramelize sugar and add glucose when sticky. Place nuts on pastry board and pour the syrup. Pull each nut to form threads. Pack in clean jars or air tight cans lined with wax paper.

TAMARINDO

Ripe tamarind fruit
Sugar

Peel the ripe tamarind and soak overnight in water to cover. Drain. Wrap tamarind in a coarse sinamay and squeeze out all the pulp. Add a little water if necessary. Measure pulp.

To each cup of tamarind pulp add 1 cup sugar. Cook mixture in a copper vat or sauce pan, stirring constantly until thick. Pack in sterilized jars and seal tightly.

Tocino del Cielo

TOCINO DEL CIELO—1

25 yolks
4 cups sugar
3 cups water

Boil the sugar and water until the syrup forms a soft ball when dropped in water. Beat the egg yolks, add the syrup after cooling it, blend well and strain. Line a pan or small molds with thick caramel syrup, fill 3/4-full with mixture, and steam until thick and set. Cool before unmolding. The tocino del cielo is often baked in small individual molds, then placed in small souffle cups before serving.

TOCINO DEL CIELO—2

10 egg yolks
4 tablespoons butter
3/4 cup thick syrup

Beat egg yolks and butter until well blended. Add syrup (cooled) and beat until well mixed. Pour in caramel lined molds and steam. Cool before unmolding.

(For Caramel Syrup recipe turn to page 114)

TURRON DE ALMENDRAS

1 lb. shelled almonds
1/2 lb. sugar
1/4 lb. honey

Blanch, peel, then roast and chop almonds. If a mortar is available, pound almonds and sugar together. Put in saucepan or copper vat with honey and cook mixture over low heat, stirring it, until sugar melts and mixture begins to brown. Pour in wooden frames or in little boxes lined with paper-thin wafer. Or pour in shallow, buttered pan, cut into desired pieces and wrap in wafer.

TURRON DE CASUY

WAFER WRAPPER:

1/2 cup flour
2 cups water

Mix liquid and flour to make a smooth batter. Use a greased hot wafer iron (barquillera) to form round wafers of three to four inches diameter. Wrap over filling while still warm and soft.

CASUY FILLING:

1 cup honey
2 cups sugar
2 cups casuy nuts (cut fine)
5 egg whites

Cook the honey and the sugar together until the syrup spins a thread. Pour this on the well-beaten egg whites. Add the casuy nuts. Pour the whole mixture on a well-greased wooden board. Roll with a rolling pin to a centimeter thick. Cut into sticks three inches long and 1 centimeter wide.

TURRON DE PILI

1 cup pili nuts, shelled
2 cups sugar
1 cup water
1 teaspoon vanilla
Pinch of salt

Toast peeled pili until light brown. Grind. Put sugar and water in a saucepan or copper vat and cook into a thick syrup. Add the ground pili nuts, vanilla and salt and continue cooking until a little amount hardens when dropped in a saucer of water. Remove from fire and using a rolling pin flatten thin on a slightly greased cookie pan. Cut while still warm into desired shapes. Wrap in wax paper.

Yema

YEMA

4 cups fresh milk
10 egg yolks
Sugar to taste (1/2 to 3/4 cup)
1/2 tsp. Vanilla

Simmer milk in copper vat (tacho) over low heat until it is thick and reduced to one cup. Add sugar to taste and continue cooking until well blended. Remove from fire, cool a little then add lightly beaten egg yolks. (To avoid curdling, add a few tablespoons of milk to the yolks before adding them to the milk). Add flavoring. Continue cooking until the mixture is thick enough to shape into small balls.

Remove from fire, cool and shape into small balls. Dip quickly in thick syrup or roll in confectioner's sugar. Wrap in cellophane.

To make syrup, dissolve 1 cup sugar slowly in 1/2 cup water. When it reaches boiling point, skim off impurities from the surface. Boil to 236 degrees For until syrup reaches the ball stage.

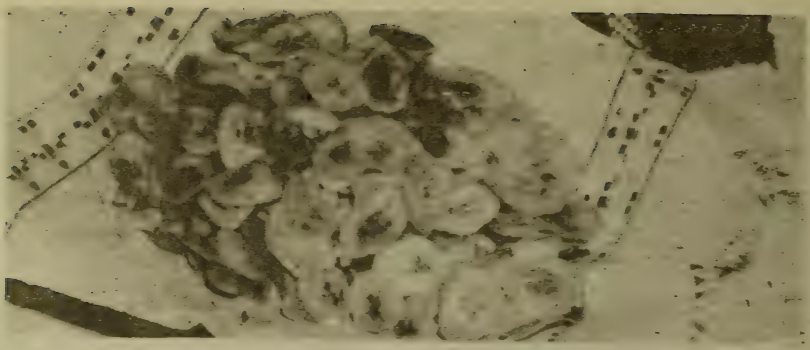
Note: Condensed milk may be substituted for milk and sugar called for in the above recipe. A boiled mashed potato is sometimes added as thickening.

Breakfast and Merienda

Breakfast in the Philippines is a heavy meal which sometimes consists of rice and fish, chocolate, salabat *or coffee or it is made up of native* kakanin *such as* poto, cuchinta, suman *and tea, chocolate or coffee.*

Bread and butter has taken the place of the kakanin *in many modern homes. But in many a heart lingers the nostalgia for something at one with the long ago. Come the* Misa de Aguinaldo *and the old longing comes back — for an early breakfast of steaming hot* bibingka *and fragrant pandan-flavored tea.*

Merienda *is as traditional in the Philippines as the Four o'clock Tea is in England. It's part of a pattern of easy, casual living. It means friends dropping in for a friendly chat after the siesta. It's eating together perhaps something left-over from breakfast or something just cooked in the airy, spacious kitchen where life hereabouts always revolves.*



Banana Chips

BANANA FRITTERS

6 to 8 firm saba bananas
Fritter batter

Peel bananas and slice lengthwise. Roll in flour, then dip in fritter batter, completely coating the banana pieces with the batter. Fry in hot fat, turning fritters to brown evenly. Drain.
Fritter batter is prepared as follows:

1 cup sifted flour
1 tsp. baking powder
1/2 tsp. salt
1/3 cup water
2 tbsps. sugar
4 tbsps. milk
1 beaten egg

Sift together flour, baking powder, salt and sugar. Add milk and water and then the egg, to dry ingredients and mix until batter is smooth.

BANANA ROLLS

2 medium-sized saba bananas, boiled
2 teaspoons liñga (sesame)
2 tablespoons sugar
5 lumpia wrappers, halved

Cut bananas into long, thin strips and place a few pieces on one half of a lumpia wrapper. Sprinkle with sugar and liñga (sesame) and wrap tightly. Fry in deep, hot fat until brown. Serve with a coating of thick syrup.

Candied lime peel, condol, or seedless raisins may be used if desired.

BIBINGKA ESPECIAL

1 cup thick galapong
1/2 cup white sugar
2 teaspoons baking powder
2 tablespoons melted butter
4 tbsps. sugar for topping
3 eggs, well beaten
1 cup coconut milk
3 tbsps. grated cheese

To make Galapong:

Soak rice in equal amount of water overnight. Grind and let stand until the next day.

Add sugar to the galapong. Add baking powder, melted butter and the well beaten eggs and coconut milk. Mix well. Pour a thin layer of this batter into hot (native clay) baking pan or molds lined with banana leaf which has been passed over an open flame. Cover each baking dish with a galvanized iron sheet with live embers on it. When almost cooked sprinkle grated cheese and sugar on top of each and cover again. Continue baking until brown; brush top with melted butter and serve hot with grated coconut.

BIBINGKANG MALAGKIT

2 cups malagkit
1-1/2 cups brown sugar
3/4 cup rich coconut milk
3-1/2 cups diluted coconut milk from 2 coconuts
1 tsp. salt
1/4 tsp. powdered anis

Boil the diluted coconut milk in carajay. Add malagkit and salt. Boil until quite dry, stirring constantly to keep from burning. Lower the heat and add 2/3 cup sugar.

Line a pan (bibingkahan) with wilted banana leaf. Pour the mixture into it. Pour the rich coconut milk and the rest of the sugar on top of malagkit. Sprinkle with the anis seeds. Fill the cover of the pan with live coals and place over mixture until it browns. Or bake in an ordinary oven at moderate temperature and finish off by putting under the broiler to brown topping.

BIBINGKA PINIPIG

3 cups pinipig
1-1/2 cups brown sugar
3/4 cup rich coconut milk
2 cups diluted coconut milk from 2 grated mature coconuts
1 tsp. salt
1/4 tsp. powdered anis

Boil diluted milk, pinipig and salt in carajay. Lower the heat and add 1 cup sugar. Line a pan with wilted banana leaf and transfer the mixture into it. Pour the rich coconut milk on top of pinipig mixture. Sprinkle the rest of the sugar and powdered anis on coconut milk. Cover and bake until brown. Or brown under oven broiler.

Bibingka Royal

BIBINGKA ROYAL

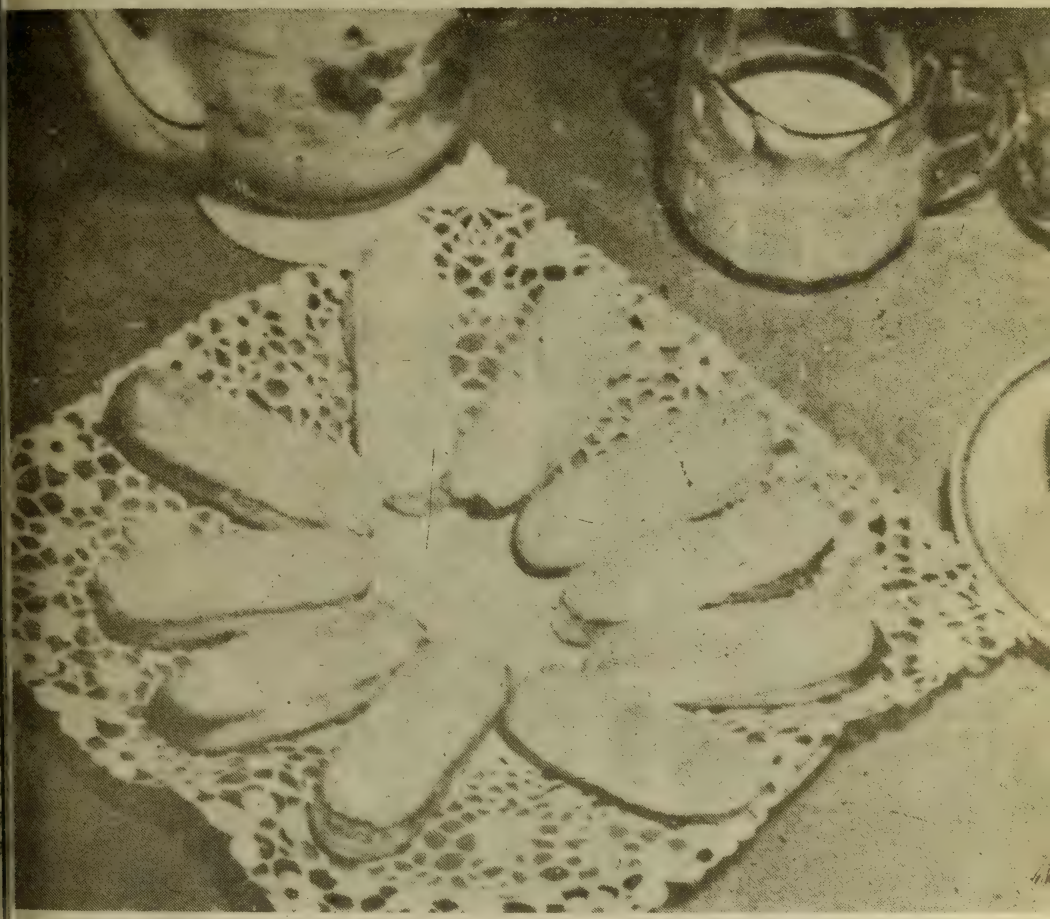
3 eggs
3/4 cups sugar
1-1/4 cups coconut milk
2 cups flour
4 teaspoons baking powder
Melted margarine
Grated cheese

Beat the eggs well until light and creamy. Dissolve the suga in 1/2 of the coconut milk. Mix and sift dry ingredients and ad by spoonfuls to sugar and coconut milk mixture. Add the rest of th coconut milk alternately with the dry ingredients. Beat well. Ad the well-beaten eggs and melted margarine. Line four small roun pans with banana leaves. Pour mixture into pans, spreading it thi and evenly. Bake in preheated hot oven. When cooked brush th top with butter and sprinkle with grated cheese and sugar. Serv with grated coconut.

BOMBONES DE ARROZ

1 cup boiled rice
2 eggs
6 tbsps. pure coconut milk
1/2 tsp. salt
1 cup flour
1 tsp. vanilla
2 tsps. baking powder
Oil for frying

Boil rice (soft boiled) and set aside. Mix and sift the flour, baking powder and salt. Add the well-beaten eggs, coconut milk, then the soft boiled rice and mix thoroughly. Add the flavoring. Drop by spoonfuls into hot oil, and when golden brown remove and drain. Serve hot with a thick syrup coating.



Broas

BROAS

To 3 egg whites beaten stiff, add
6 tablespoons sugar. Beat. then add
3 yolks of eggs. Continue beating.
Cut and fold
8 tablespoons sifted flour

Place mixture in pastry bag. Press into oblong shapes on shee lined with paper. Sprinkle with sugar. Bake 15 minutes at 375°F

BUCHI

1 cup rice soaked overnight an ground then wrapped i cheesecloth and hung to dri
½ cup mongo
2 tablespoons sugar
1/3 cup sugar
1/8 cup water

Boil the mongo and then mash it Dissolve 1/3 cup sugar in 1/8 cup water, add to mashed mongo and cook over moderate heat unti dry. Cool, then form into balls.

As soon as the ground rice is dry, mash it with 2 tablespoon of sugar which have been dissolved in 2 tsps. water. Shape into smal balls. Then flatten each small ball of rice dough in the palm. Thi and wrap over one ball of mongo. Fry in deep hot fat until brown

BUÑUELOS

Boil together
1 cup water and
8 tablespoons shortening
When briskly boiling add
1 cup sifted flour, and stir mixture thoroughly until it separates from the sides of the pan. Remove from fire and cool. Add
5 eggs one by one, beating well after each addition

Drop mixture by spoonfuls in deep hot fat and fry until golden brown. Drain on paper and roll in sugar.

CAPUCHINOS

5 eggs, well beaten
1 cup sugar
1/2 cup melted fat
1 cup flour
1/4 teaspoon salt
1 teaspoon baking powder
2 tablespoons brandy

Beat the eggs and sugar well. Add the melted fat then the dry ingredients. Add brandy. Place in greased muffin pans and bake in hot oven. Before serving, dip the cakes in thin syrup for half a second. Set in a cool place to dry.

CASSAVA BIBINGKA

4 cups fresh cassava
2 cups coconut milk
2 tablespoons melted butter
3 eggs
2 cups sugar
1 tablespoons salt
1/2 cup pure coconut cream
Grated cheese or strips of cottage cheese

Peel and grate cassava. Beat eggs, add sugar, butter and salt Mix thoroughly. Add the grated cassava and coconut milk. Mix wel and place in a pan or bibingka mold lined with banana leaves. Bake till almost done. Brush with coconut cream. Sprinkle with grated cheese or strips of local cottage cheese. Brown top under hot cover or oven broiler.

Or top with pure coconut milk with sugar to taste and brown under broiler.

CASSAVA BIBINGKA ESPECIAL

1 cup grated fresh cassava
1/2 cup scraped buko (young coconut)
2 eggs
3 tablespoons melted shortening
4 tablespoons grated cheese
3/4 cup sugar
3/4 cup coconut milk
1 tbsp. butter

Beat eggs, add sugar, melted shortening and coconut milk. Mix with cassava and young coconut. Add 2 tablespoons grated cheese and mix well. Line a round pan with banana leaves and pour in mixture. Bake in moderate oven. When almost done, brush with butter and sprinkle top with a little sugar and the remaining cheese. Continue baking until golden brown.

CASSAVA SUMAN

1 cup grated cassava
1/2 cup grated and chopped coconut
3/4 cup sugar
Banana leaves

Mix all ingredients and wrap mixture in 2 layers of wilted banana leaf in size desired. Tie by twos with string. Boil in water until done.

CHAMPORADO

1 cup malagkit rice
3 cups thin coconut milk or water
1 cup sugar
1 cup pure thick coconut milk
2 tablespoons cocoa or 2 Squares pure chocolate
Pinch of salt

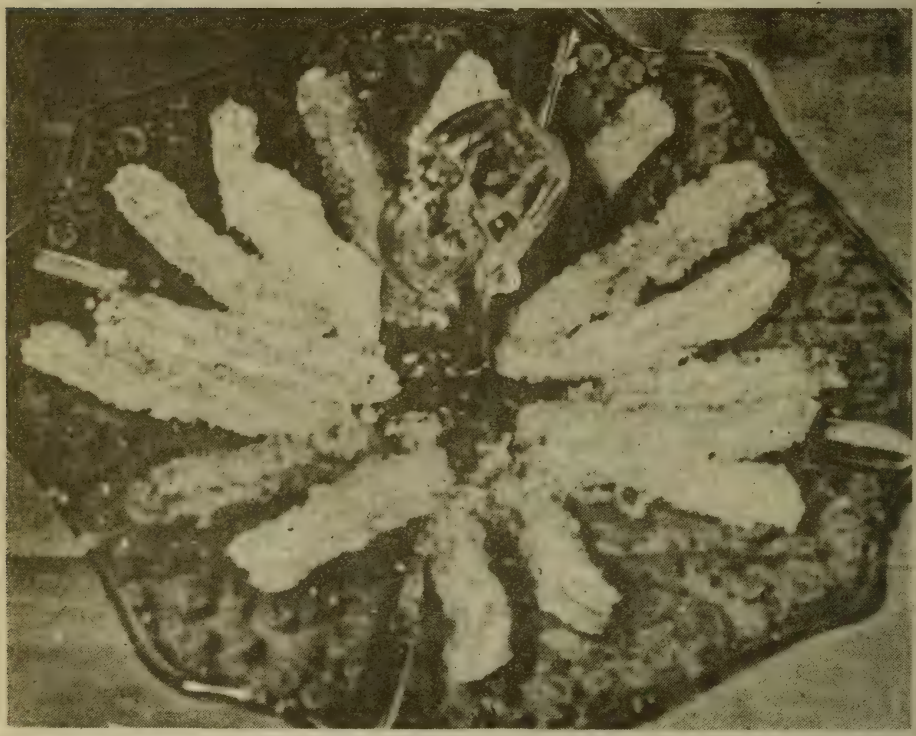
Wash rice well and drain. Put in pot or saucepan with 3 cups thin coconut milk or water, cover and boil about 10 minutes, stirring once in a while to prevent scorching.

Mix the cocoa or grated chocolate with the sugar and add to mixture with the pinch of salt. Cover and allow to simmer until rice is cooked, stirring mixture once in a while. Just before removing from the heat, add the thick coconut milk. Serve hot or cold.

CHURROS

Boil briskly
1 cup water and
1/4 teaspoon salt. Pour at once into
1 cup sifted flour

Mix and blend well. Place in churrera and press out to desired lengths. Fry in deep hot fat until golden brown. Roll in sugar before serving.



Churros

CUCHINTA

2-1/2 cups rice
1/4 cup malagkit
1-3/4 cups brown sugar
1/3 cup cooked rice
5 cups water
3 tablespoons ligia
4 tbsps. achuete for coloring

Soak rice and malagkit overnight. Grind with the 5 cups water in which they were soaked and the cooked rice. Add sugar, achuete coloring and lye. Stir well to blend. Turn into cuchinta molds filling each 3/4 full, and place on a steamer over boiling water. Cover and steam for 15 minutes. Cool cuchinta before removing from containers. Serve with grated coconut.

EMPANADA

Pastry
Mix together:
2 slightly beaten yolks,
3/4 cup water
1/3 cup sugar and
1 teaspoon salt. Add to
4 cups sifted flour

Mix to a stiff dough. Knead until a fine texture is obtained. Toss on floured board and roll very thin almost like paper. Powder with sifted cornstarch to keep from sticking, stretching dough gradually while rolling. Take end of dough, brush surface with melted butter. From this end, roll the dough like a jelly roll, brushing the surface with more butter until the whole roll is about 1/2 inch thick. Cut into 1 inch thick portions. Flatten each, cut side up, and roll portion into rounds. Place a tablespoon or more of meat filling on each; brush each piece with cold water, halfway round, close to edge. Fold and press edges together, or trim with fluted pastry cutter.

Heat plenty of fat in deep pan. When it browns a piece of bread in 60 seconds, drop each empanada and fry until golden brown. Drain on paper before serving.

EMPANADA FILLING

Saute in
1 tablespoon fat
2 segments macerated garlic
1 large onion, chopped
1 tomato, chopped
1 cup ground veal
1 cup ground pork
1 cup ground chicken
Salt and pepper to taste

Cook until meat is tender. Cool before using. Add a slice of hard-cooked egg and a slice of sweet pickle before wrapping.

ENSAIMADA—1

Dissolve in
1-1/2 cups lukewarm water
2 tablespoons dry yeast. Add
1 tablespoon sugar, and
2 cups sifted flour

Mix well and set to rise in a warm place for about two hours. To the sponge yeast, add

1/2 cup sugar
8 yolks of eggs and
2 cups flour

Mix. Again set to rise in a warm place for another 2 hours. In the meantime, cream thoroughly.

1 cup margarine
1/2 cup sugar and
8 yolks of eggs

Add to the second mixture with

1 teaspoon salt and
5 to 6 cups flour

Turn on floured board, knead until mixture becomes fine and elastic to the touch. Cover dough and allow to rest for about ten minutes. Grease board, and knead dough slightly. Cut into equal portions, about the size of a lemon. Roll each portion very thin. Spread butter or margarine generously on the surface. Sprinkle with grated cheese. Roll and coil into shape. Place each in greased ensaimada molds and set aside to rise in a warm place until double in bulk.

Bake 20-25 minutes at 350°F. Remove from oven, cool slightly. Brush surface with butter and sprinkle with sugar.

ENSAIMADA—2

1 tablespoon dry yeast
1/4 cup warm water
4 cups flour
1/2 teaspoon salt
1/2 cup evaporated milk (diluted)
3/8 cup sugar
6 egg yolks
3/4 cup butter or margarine

Melt yeast in warm water. Let stand a few minutes until mixture is foamy. Sift the flour and the salt together, two times. Add about 1 tablespoon sugar and about 1/2 cup flour to yeast and water and set aside.

Cream butter or margarine, add sugar and continue beating until well blended. Add yolks, one at a time, beating well. Add flour alternately with milk. Beat in yeast mixture. Beat thoroughly until smooth and elastic. Place in greased bowl. Cover with clean towel and let rise until double in bulk. Separate into small equal portions. Roll out each to a thin sheet, butter well and roll sheet as you would jelly roll. Coil this into a bun, place in greased ensaimada mold and set aside to rise. When double in bulk bake in 350°F. oven until golden brown. Brush with butter and dust with sugar.

Espasol

ESPASOL

1 cups pure malagkit (or pinipig with malagkit)
1-1/2 cups sugar
3 cups coconut milk
1 teaspoon dayap rind or vanilla
1/2 teaspoon salt

Roast the malagkit or pinipig then grind into flour. Set asid about 1 cup.

Boil the sugar and coconut milk, the flavoring and salt. Ad the malagkit or pinipig flour. Cook until thick, and dry, stirrin mixture well. When done, remove from fire and transfer on to pan or board which has been well dusted with malagkit or pinipi flour. Flatten, using a rolling pin, to ¼ inch and cut into diamond or rectangles. Roll in the rest of the "flour."

GOLLORIAS

Sift together:

2 cups flour
1/2 teaspoon salt
1 teaspoon baking powder

Add:

1 beaten egg and about
4 tablespoons milk

Mix thoroughly adding enough flour to knead smoothly. Roll to about 1/2 inch wide. Divide strips into 1 inch pieces and press each portion with the thumb on fork tines and coil into a spiral-shaped shell. Fry in deep hot fat. Drain the gollorias on paper towels. Roll in sugar or drop the gollorias in thick syrup, stirring continuously until they are well coated. Remove and dry out.

GUINATAN

2 coconuts
1 cup sugar
3 saba bananas, sliced crosswise
2 camotes peeled and diced
1 gabi, peeled and sliced
1/2 cup peeled and diced ubi
6 sections nangka cut into strips
3 tablespoons tapioca

Grate the coconuts, extract the milk and set aside. Add 2 cups of hot water to the grated coconut and make the second extraction. To the camote, gabi, ubi, banana and nangka add the thin coconut milk, sugar and tapioca and bring to boil stirring occasionally until gabi and ubi are cooked. Add the rich coconut milk before removing from the fire or use it as topping.

GUINATAAN RICE WITH CORN

1 cup young corn (scraped off the cob)
1/2 cup malagkit rice
5 cups coconut milk
1 cup coconut cream (first extract from grated coconut)
Sugar to taste
1 tsp. salt

Boil washed malagkit rice in coconut milk until half done. Add the corn, sugar and salt; continue cooking, stirring occasionally until rice and corn are cooked. Add cream, or use it to top each serving.

GUINATAAN RICE WITH MONGO

1 cup malagkit
1/4 cup mongo
5 cups diluted coconut milk
1 cup rich coconut cream (from 2 coconuts)
Sugar to taste
A pinch of salt

Roast mongo until dark brown. Break the grains using a rolling pin or pestle. Separate the hull.

Mix malagkit rice with the roasted mongo and boil with coconut milk, stirring once in a while to keep from burning at bottom. Add the sugar and salt when the rice is cooked. Serve hot or cold topped with the rich coconut cream.

GUINATAAN WITH RICE BALLS

1 cup rice malagkit
2 medium-sized camote
2 medium-sized gabi
5 bananas (saba)
1/2 tsp. anis seeds
1/4 kilo ube
2 coconuts (5 cups coco milk)
1 cup nangka meat
3 tbsps. tapioca
Sugar to taste

Soak in water overnight and grind the rice to a stiff dough. Grate the coconut and extract the milk four times. The first extraction should be set aside and used as topping before serving. Pare the ubi, gabi and camote and cut them into one-half inch cubes. Peel the bananas and cut them into slices (crosswise.) Cut the nangka into strips. Boil the gabi, ubi and camote with the diluted coco milk. Form the ground malagkit rice into small balls and drop them in the boiling mixture. Then add the banana, nangka, tapioca, anis and sugar. Simmer until cooked. Serve with rich coco milk.

INAÑGIT

2 cups malagkit rice
2 coconuts
Pinch of salt

Grate the coconuts and extract 4 cups milk. Wash the malagkit and cook with coconut milk and the salt, stirring it to avoid sticking to bottom of container. When the coconut milk has been absorbed, cover the rice with banana leaves. Cover container and continue cooking on very low heat.

KALAMAY PINIPIG

3 cups pinipig
1 cup sugar
4 cups rich coconut milk
A pinch of toasted anis

Soak the pinipig after cleaning, in one cup of the coconut milk for 30 minutes. Boil the rest of the milk with sugar. When the syrup is thick, add the pinipig and anis. Stir while cooking until thick and sticky. Pack into a pan lined with banana leaf. Slice into desired pieces. Serve with "Coconut Toast," made as follows:

Toast one cup of the coconut from which the milk has been extracted with 2/3 cup sugar in frying pan. Stir continuously until brown and crisp.

LUPOK

1 cup pinipig, toasted and ground into fine powder
1 grated coconut
20 boiled saba bananas
3/4 cup sugar

Pound the cooked bananas, adding alternately the grated coconut and sugar. Shape into small flat cakes and coat with **pinipig** flour.

MAJA BLANCA

2 cups rice
10 cups fresh milk
1 cup white sugar
1/2 cup fresh coconut oil
1 teaspoon toasted anis
Latik

Wash rice and soak in 2 cups water overnight. Grind and strain through a coarse cheesecloth.

Add to this (galapong) the milk and sugar. Cook over medium heat, stirring constantly, adding fresh coconut oil little by little, to avoid burning. When thick, add anis (toasted) and mix well. Pour into a coconut oil greased platter or on small individual plates. When cool serve with latik.

To Make Latik: Boil in a saucepan pure milk of coconut until a point when the oil is extracted and the cheese-like precipitate becomes delicate brown in color. This precipitate is the latik.

Drain off the oil from the latik and use it for greasing plates or molds.

MAJA BLANCA MAIZ

3 cups young corn
1 cup sugar
4 cups rich coconut milk
1 cup galapong or rice flour
5 tablespoons fresh coconut oil

Scrape corn from the cobs and strain through coarse muslin. Add the sugar, galapong or rice flour and coconut milk and cook over moderate heat, stirring constantly and adding fresh coconut oil little by little to avoid sticking. When thick, pour into coconut oil greased platters. Serve with latik and toasted coconut with sugar.

MARUYANG CAMOTE—1

Grate peeled camote, using papaya grater. Arrange a spoonful in the bottom of a wire skimmer and dip in hot fat to brown. Drain well. Serve dusted with sugar.

MARUYANG CAMOTE—2

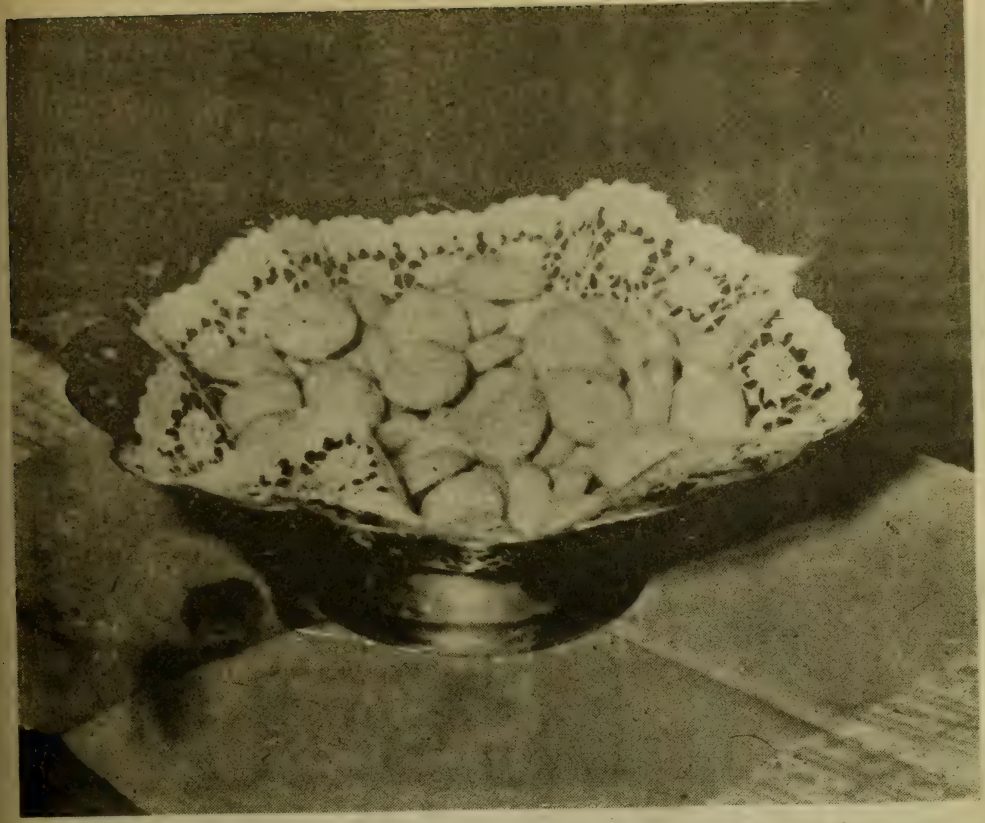
1 cup flour
2 teaspoons baking powder
1 tablespoon sugar
1 cup camote grated
1/4 teaspoon salt
1 egg
1/4 cup milk

Mix and sift dry ingredients; add others in order given. Mix well and drop by spoonfuls in deep hot hard. Drain and sprinkle with sugar before serving.

MASAPODRIDA

2/3 cup grated and chopped coconut
1/4 cup sugar
1/2 cup flour
1/8 teaspoon salt
1 egg yolk
1/4 cup shortening

Sift flour and salt and add the coconut. Mix well and work in the shortening. Beat egg yolk and add sugar. Add egg mixture to the flour and knead. Roll out 1/4 inch thick. Cut with a biscuit cutter. Brush each piece with egg yolk and sprinkle with sugar. Bake in a hot oven until brown.



Paciencia

PACIENCIA

4 egg whites
1 cup sugar
1/4 tsp. baking powder
1/2 cup sifted flour
Lemon extract or rind of one native lemon

Beat egg whites until stiff. Add sugar gradually, beating mixture, until of meringue consistency. Fold in flour (previously sifted with baking powder) and add flavoring. Drop by teaspoons or force through paper bag on greased cookie sheet. Lightly brown in oven.

Palitao

PALITAO

Soak 2 cups malagkit in 4 cups water overnight. Grind in stone grinder or cornmeal grinder. Drain off the water by wrapping in cheesecloth and hanging.

Boil water in a saucepan. Form the drained "galapong" into small balls, then flatten each ball. Drop into the boiling water.

As each floats, remove from the boiling liquid and roll in grated coconut. Serve with sugar and toasted linga.

Panara

PANARA

2 cups rice
2 cups water
2 eggs (optional)
3 tbsps. "anisado" wine
Salt to taste
Achuete water
1/2 cup or more lard

Soak rice in water for a few hours. Grind with water to make ıick **galapong.** Mix with the rest ot the ingredients and cook in ative frying pan (cawali) over low heat, stirring constantly and dding more lard if necessary to avoid sticking, When the mixture thick enough to shape into balls, remove from fire. Cool. Shape to small balls, and roll each into a thin sheet.

Place a tablespoon or less of filling on each, brush each with ater half-way round close to edge. Fold like a turnover and press lges together. Fry in deep, hot fat and drain well. Serve hot.

For filling, use either grated papaya, first mashed with salt ıd squeezed dry after rinsing, or grated white squash (upo). To repare: Saute garlic in lard, when brown add finely chopped onion, ıen thin slices of cooked pork and chopped shrimp meat. Add thick ırimp juice, salt, and black pepper to taste. Simmer 2 minutes. dd papaya or upo and cook until vegetable is crisp-tender and mix- ıre is quite dry.

Fresh small shrimps (alamang), may be used instead of peeled ırimps. Bagoong is also often used as seasoning.

For a really early-morning breakfast, hot **panaras** and white ıto make a wonderful combination.

PILIPIT

2 cups flour
1/4 teaspoon baking powder
1 egg
1/2 cup milk
1/2 teaspoon salt

Mix and sift the dry ingredients. Beat egg and add to the milk. Add flour and knead until smooth. Divide into portions. Roll each on bread board about 4 inches long and twist the strip bringing the ends together. Fry in deep hot fat and when brown, drain and dip in thick syrup.

PIONONO

To 6 egg whites beaten until stiff, add by spoonfuls, beating well after each addition
6 tablespoons sugar, then add well beaten
6 yolks of eggs. Blend well. Cut and fold into the mixture
6 tablespoons sifted flour

Pour into a shallow pan lined with greased paper. Bake for 15 minutes at 400°F. Turn out on another sheet of paper sprinkled with sugar. Remove paper lining. Spread jam frosting over cake and roll. Dust surface with sugar. Slice crosswise.

POLVORON

1½ cups flour
1 cup milk powder
1 teaspoonful lemon extract
3/4 cup sugar
1/2 pound butter

Toast flour until light brown, stirring constantly, over moderate fire. Remove from heat and cool. Then add sugar, powdered milk, lemon extract and melted butter. Mix well and mold, using native chocolate molds. Wrap in wax paper.

POTO DE UBE

2 cups rice
1-1/2 cups water
1 cup sugar
2 cups mashed ube
1-1/4 cups rich coconut milk
4 tablespoons baking powder

Wash previously cleaned rice and soak in water overnight. Grind fine, using a native stone grinder or a corn meal grinder.

Boil ube in enough water to cover until cooked and soft. Peel ube and mash fine.

Add sugar and mashed ube to ground rice, blend well then pass through a strainer to remove lumps. Add coconut milk and, lastly, the baking powder.

Pour mixture into poto mold or spoon it into individual molds, filling each 2/3 full. Set in steamer over boiling water. Cover steamer. Steam until done. It is done when a toothpick inserted through center of poto comes out clean and dry. Remove from mold or molds and serve with grated coconut.

3 tbsps. pirurutung
1 cup malagkit

Soak in about 2 cups of water a few hours then grind together. Wrap ground mixture in cheesecloth, place in colander and put weight over it to hasten drying. When mixture is dry pass through a sieve. Fill bamboo **puto** tubes 3/4 full with dry mixture (fill lightly—do not pack) and steam in **puto bumbong** steamer. Remove from the tube by shaking off, serve hot with grated coconut and sugar.

PUTO MAYA

3 cups malagkit
5 cups coconut milk
1 cup sugar
1 small coconut, grated

Wash the **malagkit** and put in two-quart saucepan or kettle, add the coconut milk and cook over high heat until the steam escapes from under the edge of the cover. Lower the heat and allow to steam until done. Mold each serving using a coffee cup and unmold into a saucer. Place sugar and grated coconut on top of each.

PUTONG PUTI

2 cups rice, soaked and ground with 1-1/2 cups water
3 teaspoons baking powder
1-1/2 cups white sugar
1/2 teaspoon salt

The ground rice should have the consistency of thick batter. Add to this the sugar, salt and baking powder. Mix thoroughly. Pour into puto molds until each is two-thirds full. Arrange in a steamer and steam for half an hour or until done. Insert a toothpick in each and if it comes out dry, the **puto** is done. Serve with grated coconut.

SAPIN-SAPIN—1

2 cups rice flour, soaked in 1-1/2 cups water
2 cups white sugar
2 coconuts (5 cups coconut milk)
1/2 kilo ubi, pared, boiled, mashed and strained
1/4 teaspoon powdered anis

For the top layer mix 1-1/2 cups thick coconut milk (1st extraction), 1/2 cup rice flour, 2/3 cup sugar. To the rest of the rice flour, add the remaining coconut milk, sugar and anis and stir well. Divide this mixture into two parts. Mix one part with the ubi to be used for the middle layer. Use the other part for the bottom layer. Add red food coloring to make this light pink.

Boil water in a carajay and place a bamboo steamer with thick muslin and pour on it 3/4 cup of the pink mixture for the bottom layer. Cover the carajay and steam mixture until firm. Pour over first layer the ubi mixture and steam again. When firm, pour over ubi layer the mixture for the top layer and steam again. When firm, remove from the steamer. Allow to cool. Slice into 1/2 inch wedges. Arrange on a platter lined with banana leaves.

SAPIN-SAPIN—2

3 cups rice galapong
2-1/2 cups white sugar
4 cups pure coconut milk

Mix 2-1/2 cups galapong with 1 cup coconut milk and 1-1/2 cups sugar. Blend well and divide into two equal parts.

Mix 3 cups of pure coconut milk with 1 cup sugar and 1/2 cup galapong, blend well and divide this also into two equal parts.

Line a bamboo sapin-sapin steamer with a thick muslin cloth and place over a carajay with boiling water. Pour into cloth-lined container one half of the first mixture and steam this until firm. Over this, pour one half of the second mixture and steam again. Pour last half of the first mixture over this and steam again until firm. Pour last half of the second mixture and continue steaming until this is set. Remove from steamer and cool. Serve sliced in 1/2 inch wedges.

SINUKMANI

5 cups malagkit rice
3 cups sugar
3 coconuts
1 tsp. salt

Grate the coconuts and squeeze out the milk without adding water. Set aside. Prepare the diluted coco milk by adding one cup hot water to the grated coconut for each extraction. Boil this (about 8 cups milk) until thick, then add the undiluted coconut milk, and boil until it begins to curdle. Add the rice, salt and sugar and continue cooking, stirring constantly, over low heat, until the rice is cooked. Line pan with banana leaves. Pour the rice mixture into pan and flatten with a spatula. Cut into 2 inches squares with a butter knife and serve hot or cold with grated coconut on top.

SUMAN INANTALA

3 cups malagkit rice
5 cups coconut milk
3 teaspoons salt

Wash malagkit rice very well. Drain. Cook with coconut milk and salt in carajay, stirring occasionally. When mixture is almost dry stir continuously to avoid sticking to the bottom of the pan. Lower the heat and cook, well covered with banana leaves, a few minutes more.

Drop by spoonfuls in layers of wilted banana leaves and wrap. Tie in pairs. Steam for 30 minutes. Serve with sugar.

SUMAN MARUECOS

2 cups malagkit rice
1 cup rice
Latik
Coconut milk
Sugar

Wash rice thoroughly. Soak in 1-1/2 cups water for 4 hours. Grind in native stone grinder. For every cup of this ground mixture or "galapong" add 1/2 cup coconut milk and 1/3 cup sugar. Cook, stirring constantly, until thick. Wrap 2 tablespoons of this mixture, topped with a little latik, in banana leaves previously passed over an open flame. Tie in pairs. Steam for 30 minutes.

SUMAN SABA

20 to 25 saba bananas, ripe but not too soft
1 whole coconut, grated
1 to 1-1/2 cups cassava flour, or corn flour
1 kilo sugar or panocha
Banana leaves for wrapping

Peel bananas and cut panocha into small pieces. Pound bananas to a mush (two at a time) with grated coconut and some pieces of panocha or sugar. Put mush in bowl and add the flour, mixing well with a wooden spoon. Wrap in two layers of banana leaf. Tie by twos. Arrange in deep container, cover with boiling water and cook until done (about 30 minutes to one hour).

Suman Sa Ibus

SUMAN SA IBUS

3 cups malagkit rice
2 cups thick coconut milk
3 teaspoons salt

Soak malagkit in water until grains are swollen.

Wash malagkit rice and drain. Add salt and coconut milk. Fill "buri" tube containers 2/3 full. Close opening by pinning together with a piece of bamboo pick about 1/3 the size of a toothpick. Tie each suman with strips of buri.

Arrange in a deep kettle, cover with water and cover container. Boil for 2 hours or until each is cooked completely. Serve with sugar, ripe mangoes or chocolate.

Suman sa Ligia

SUMAN SA LIGIA

3 cups malagkit rice
2 tablespoons ligia or wood ash lye

Soak malagkit in water until grains are swollen. Wash malagkit and drain. Add ligia and mix thoroughly.

Prepare banana leaf wrappers, (the butuan variety is best) by passing the banana leaf over an open flame.

Wrap 3 tablespoons of the malagkit in 2 layers of banana leaf. Tie suman in pairs, arrange in a deep kettle. Cover with water. Boil for about 2 hours or until rice is cooked very well. Serve with grated coconut and sugar.

TAMALES—1
(Old Fashioned)

3 cups rice
7 cups coconut milk
1 cup brown sugar
1 tsp. black pepper
Salt to taste
1/4 cup achuete for coloring soaked in 1/4 cup water
1 cup ground toasted peanuts
Slices of hard-cooked egg
Boiled peanuts
Banana leaves, cleaned and softened over direct fire
Boiled chicken meat (breast meat preferred)
Slices of boiled pork
Boiled whole shrimps
Slices of boiled ham

Toast the rice in a griddle pan until brown. Grind to fine powder in a stone or corn-meal grinder. Put the coconut milk, salt, sugar, pepper and ground rice in a carajay, and cook over low heat. Stir constantly to prevent sticking and burning. Add the ground peanuts five minutes before removing from fire. Divide this paste mixture into two parts leaving one part in the carajay. Add strained achuete coloring to the mixture in the carajay and continue cooking for 2 minutes longer.

On three layers of banana leaves, put 3 tablespoons of the red mixture, then an equal amount of the white mixture, pat lightly to flatten, then arrange slices of boiled chicken, boiled pork, ham, shrimps, halves of boiled peanuts and hard cooked eggs on top of mixture. Wrap each **"tamales"** and tie securely. Place the wrapped **"tamales"** in a deep steamer and cook for 2 hours. If no steamer is available, place the wrapped tamales in a saucepan. Fill the saucepan 1/2 full of water and cook, well covered, for about an hour or more. Cool. **"Tamales"** will stay fresh 24 hours if kept in a cook place.

TAMALES—2

3 cups rice
2 hard-cooked eggs
1/2 cup cooked pork
1/2 cup cooked shrimps
1 cup peanuts
1/2 cup cooked chicken.
1 chorizo de Bilbao
A few slices Chinese ham
Lard
Salt and pepper
7 cups coconut milk

Wash the rice and dry it in the sun. Grind half of the rice and toast the other half until golden brown. Toast peanuts. After toasting the peanuts and rice, grind them separately. Set aside.

Put lard in the carajay and saute the rice flours separately, adding enough water or thin coconut milk, to make each mixture of pudding consistency. Stir constantly to prevent sticking. To each, add salt and pepper to taste. Saute the peanuts. Put aside. Then saute the pork and chicken which have been previously boiled soft, and the ham and chorizo. Season to taste and remove from carajay. Put aside.

Wrap in banana leaves, forming a rectangle: About 3 tablespoons of each rice mixture, side by side. Press together and top with the following: Chicken, ham, pork, shrimp, a slice of chorizo, sliced egg, a teaspoon of peanuts. Tie securely, to be sure water does not penetrate the tamales. Arrange the tamales in a deep kettle and cover with water. Boil for about 30 minutes or more according to size.

TINAPAY SAN NICOLAS

1/2 cup coconut milk
1/2 cup sugar
1-1/2 cups flour
1-1/2 cups cornstarch
3 tablespoons butter
1 tablespoon baking powder
4 egg yolks
Few grains of anis

Sift together flour, cornstarch and baking powder. Beat the yolks until thick and lemon colored, add the sugar, then the coconut milk and butter. Fold in the sifted dry ingredients and the anis. Roll on floured board to about 1/8 inch. Cut with cookie cutters arrange on greased cookie sheet and bake in a moderate oven (350 degrees F.) until brown.

UKOY

Make a batter of:
1 cup flour or thick galapong
1 tsp. salt or patis
3 tsps. baking powder
1 cup shrimp juice
2 eggs well beaten
Pepper
2 tbsps. chopped green onion

Heat plenty of lard in a deep pan. Pour about 1/4 cup of this batter at a time. Gather the particles together with a skimmer and shape these into rounds or ovals. Lay pieces of boiled shrimps (whole) on top. Fry until brown. Remove with skimmer and drain. Serve with vinegar and garlic, with salt and pepper to taste.

UKOY WITH SHRIMPS

1 cup sprouted mongo
A few dried boiled shrimps
1 tsp. salt
1 cup shrimp liquor
1 cup cornstarch or rice flour (galapong)
1 onion, chopped
Achuete seeds
2 eggs well beaten
Lard for frying
Vinegar, pepper, garlic and salt

Dissolve cornstarch or rice flour in about 1/4 cup water with achuete coloring. Mix thoroughly starch-mixture, salt, shrimp liquor onion and well beaten eggs until a smooth batter is obtained. Add sprouted mongo. Heat lard in a deep frying pan and pour about 1/4 cup of the batter at a time. Gather all particles together and lay pieces of boiled shrimps on the surface. Fry until golden brown. Drain and serve with vinegar-garlic sauce.

Pickles and Relishes

SPICED EGGS

Boil chicken or duck eggs in an enamel container, if possible, stirring while cooking. Cool in running water and remove the shells Drop in boiling spiced syrup. Simmer 5 minutes and bottle. Sterilize (25 minutes).

The spiced syrup is prepared as follows:

Boil together for about 10 minutes.

1 cup vinegar
1/2 to 3/4 cup sugar (second class)
1 teaspoon all-spices (in a loose cloth bag)
1 teaspoon salt

Note: The longer the eggs stay in spiced syrup (bottled), the better.

GREEN TOMATO

Select green, firm tomatoes. Cut into halves crosswise. Remove the seeds. Arrange tomatoes in glass, earthenware, enamel or porcelain containers. Pour enough brine solution (2 cups water and one cup salt) to cover tomatoes. Place weights over tomatoes (small clean stones or broken pieces of plates will serve the purpose) to prevent them from floating. Let stand for two weeks, wipe mold as it appears on top (with a wet-cloth) daily, to prevent spoilage.

After two weeks wash the tomatoes in several changes of water. Pack in preserving jars.

Mix:

1 cup native vinegar (at least 4% acidity) and
1 cup sugar

Boil together and strain through a piece of cloth. Pour over tomatoes. Exhaust in boiling water until the temperature inside the jar is 70°C. Seal completely.

KANGKONG ATSARA

3 cups kangkong leaves and tender stems washed and cut into 2" to 3" length
1 small piece ginger, cut into strips
1 small onion, sliced
2 teaspoons salt
Pepper
2 tablespoons sugar
1/2 cup native vinegar diluted with equal amount of water

Mix vinegar, salt, pepper, sugar, ginger and onion in a saucepan and let boil. Do not stir. Drop the kangkong stems into mixture cover and boil for 5 minutes; then add the leaves. Cover and boil 3 more minutes cool.

PAPAYA

Grate green papaya and for every 8 cups of grated papaya add 1 cup coarse salt. Work with the hands and express the juice. (Wrap papaya by handfuls in a cheesecloth to express the juice better). Soak in plain vinegar overnight. The next day express most of the vinegar from the papaya.

For every 8 cups of the papaya add the following: one head garlic, twenty or more native onions, sliced into thin pieces: two red sweet pepper; two green peppers sliced, and 1/2 cup sliced ginger. Mix all ingredients together and pack loosely in clean jars.

Make a syrup out of vinegar, sugar and salt:

1. For a sour pickle—1 cup vinegar to 1/2 cup sugar, 1 teaspoon salt
2. For a sweet sour pickle—1 cup vinegar to 2/3 cup sugar, 1 teaspoon salt
3. For a sweet pickle—1 cup vinegar to 3/4 cup sugar, 1 teaspoon salt

Boil the syrup once or just long enough to melt the sugar and salt. Cool a little and pour into bottles of prepared vegetables. Remove air bubbles. Seal tightly.

SINKAMAS RELISH

6 large sinkamas
1/4 cup small onions (sibuyas tagalog)
3 cloves garlic
1-inch piece ginger
1 large sweet green pepper
1 large sweet red pepper
2 small red hot peppers

Peel sinkamas and cut into finger-size pieces. Soak overnight in strong salt solution with a pinch of alum.

Wash sinkamas and drain. Peel small onions and garlic. Leave onions whole, slice cloves into two, lengthwise. Peel ginger and slice into thin strips. Cut sweet peppers into two, remove seeds and slice into strips about 1/2 inch in width. Leave hot peppers whole.

Arrange in clean glass jars.

Prepare a solution of 3 parts vinegar to 1 part sugar with salt to taste. Boil in non-aluminum container and pour hot over sinkamas mixture. Seal jars tightly.

Refreshments

COCONUT MILK AND PINIPIG

1 cup pinipig
5 cups coconut milk extracted from 2 coconuts
Sugar to taste
Cooking oil

Add sugar to the coconut milk. Chill. Toast pinipig in oil. Serve in cups with sweetened coconut milk.

DUHAT JUICE

To one cup duhat from which seeds have been removed add one cup water and strain through cheesecloth. Add one fourth cup syrup to one fourth cup of duhat juice and two ice cubes.

To make syrup boil 1 cup sugar to 1 cup water.

Guayabano Chiller

GUAYABANO CHILLER

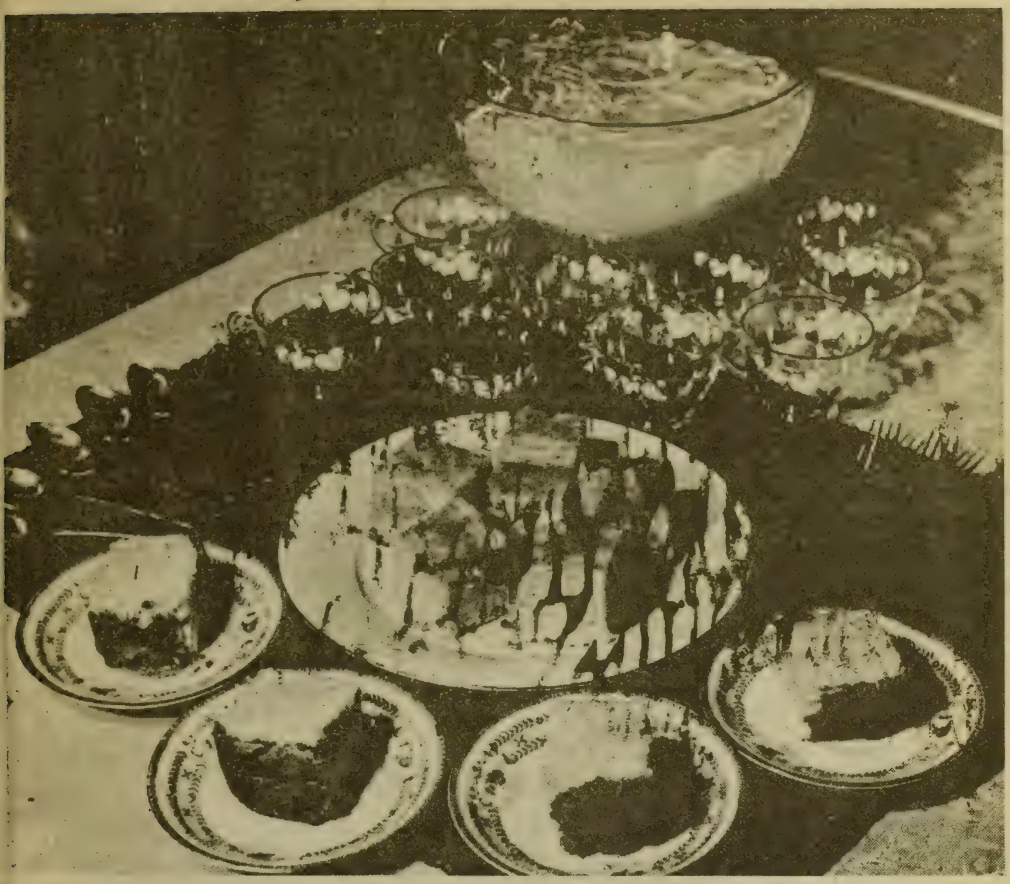
1 fully ripe guayabano
1 cup sugar
1/2 cup calamansi juice
3 quarts water

Peel the guayabano and mash the soft pulp in one quart of water. Strain the pulp and seed and add the remaining water to the strained juice. Add calamansi juice to the mixture and sweeten to taste. Serve with ice cubes.

GULAMAN IN COCONUT MILK

Boil agar-agar (gulaman) in enough water after washing off all particles of dust. Strain well when gulaman has dissolved in boiling water and set aside to cool and set.

Pass gulaman chunks through papaya grater or chop into small cubes. Serve in glasses filled with iced coconut milk with sugar to taste.



Iced Buko

ICED BUKO

5 young coconuts
Sugar to taste

Remove water from young coconuts and set aside. Scrape off coconut meat from shell, using spoon or macapuno scraper. Add meat to coconut water and add sugar to taste. Chill.

ICED MELON

Use one half cup grated melon to a cup of water and one fourth cup syrup. Add milk and ice cubes before serving if desired.

Melon Balls

MANGO ICE CREAM

1 large ripe mango
3 yolks of eggs
1/2 cup sugar
1 pint milk
1 egg white
1/2 teaspoon vanilla

Scald the milk and pour over the beaten egg yolks and white mixed with the sugar. Return to the fire, stirring constantly for ten minutes, taking care that the custard does not boil. Peel the mango, scrape or cut in small pieces and when custard is cold, mix it with the mango. Flavor with vanilla and freeze.

MELON BALLS

Scoop out melon meat with vegetable scooper, forming it into balls. Use at least three different kinds: honeydew, watermelon, musk melon to obtain different colors. Add sugar to taste and freeze in freezing compartment of your refrigerator.

PINIPIG ICE CREAM

1 cup pinipig (green variety from Pampanga)
8 cups evaporated milk
2 egg yolks
2 cups sugar

Scald milk and stir in the beaten yolks and sugar. Add pinipig and cool the mixture. Pour into scalded can for freezing.

UBE ICE CREAM

4 cups milk
2 cups sugar
2 cups boiled ube, mashed and strained

Scald milk and sugar, then gradually add ube. Mix thoroughly, cool, then freeze.

Glossary

Achuete — red anatto seeds used for food coloring*

Alamang — small shrimps

Alimango — variety of crab, scientific name: cylla Serrata

Almendras — almonds

Ampalaya — bittermelon

Anis — anise

Anis mascado — Nutmeg

Anisado — Anise wine

Angkak — red-colored grains of rice used as coloring for fermented fish

Apahap — sea bass

Apulid — water chestnut

Asado de Carajay — pan broiled

Bacalao — cod

Bacoco — porgy

Bagoong — salted and fermented shrimps

Bake — cook in an oven at a desired temperature

Bañgus — milkfish

Baste — Pouring, brushing or spooning liquid, fat or drippings onto the surface of cooking, particularly roasting food

Batao — Hyacinth bean

Batter — A mixture of flour, liquid and other ingredients which can be poured.

Bataway fish — a variety of grouper, popular among Bicolanos

Barquillera — a wafer iron, used for making "Barquillos"

Bawang — Garlic

Beat — agitation of ingredients with a spoon, wire whisk or electric beater resulting in a smooth mixture

Bia — goby

Bijon — rice noodle used for Pancit

Biscocho — powdered crusts of bread, well dried but not brown

Blend — Combine ingredients evenly

Broil — Cook on rack or skewer over coals or over direct flame of broiler

Buko — immature coconut

Burong Isda — salted and fermented fish

Burong Mostaza — salted and fermented mustard leaves

Butuan — seedy variety of banana

Calamansi — small native lemons

Calamares — Squids

Camaron — shrimps

Casuy — cashew nut

Cerveza negra — black beer

Cicharon or sitsaron — pork cracklings

Chop — cut into small pieces by using a knife

Condol — wax gourd

Dalag — mudfish or murrel

Dalagang bukid — Caesio, black tailed

Dayap — lime

Dilao — tumeric

Duhat — Java plum

Dumalaga — young hen

Fry — cook in hot fat or lard

Gabi — taro

Galapong — dough of ground rice and water, made to stand overnight

Garbanzos — Spanish chickpeas

Goto — tripe

Grate — shred fine by employing a utensil expressly for that purpose

Guayabano — soursop

Guisado — sauted

Gulaman — a sea-weed called Ceylon moss or agar-agar

Hipon — Shrimp

Hito — freshwater catfish

Kangkong — swamp cabbage

Katuray — flowers of the Katuray tree, called Sesbania

Kinchay — Chinese celery

Labahita — Surgeon fish

Labong — bamboo shoots

Lapu-lapu — grouper

Latik — resulting precipitate when coconut milk is made into coconut oil by boiling

Laurel — bay leaf
Ligia — wood ash lye
Linga — sesame seeds
Luya — ginger
Makapuno — freak coconut full of soft meat
Malagkit — glutinous rice
Malunggay — horseradish tree
Mashed — crushed so that food is finer in consistency
Miki — wheat noodles with egg
Mince — chop very fine
Misu — paste made of fermented rice and soy beans
Misua — fine wheat noodles
Mongo — mung bean
Nangka — Jackfruit
Oregano — Mexican sage
Palabok — garnishing
Pancit — Filipino dish containing noodles
Panocha — crude sugar
Pata — pig's or cow's feet
Patis — boiled sauce from bagoong
Patola — sponge gourd
Pechay — Chinese cabbage, darker in color than ordinary cabbage
Pili — pilinut
Pinipig — immature rice roasted and pounded
Piña — pineapple
Pirurutung — dark purple colored rice
Puso ng Saging — banana blossom
Queso de bola — edam cheese or hard rennet cheese, ball shaped with red rind
Quesong puti — white native cheese
Rice washing — Water in which uncooked rice has been washed. The rice washing called for in recipes is the second and third washing.
Saba — cooking variety of banana
Santol — a yellow sour fruit, called Sandoricum Koetjape
Saute — fry in a little fat
Shell — remove the outer coat of shell-fish, nuts or seeds
Sigadillas — Winged beans
Sili labuyo — small hot red pepper, called Capsicum frutescens
Simmer — Cook in liquid below boiling point
Singkamas — yam bean
Sitao — long variety of cowpea
Sitsaro — Peas
Sitsaron — Pork cracklings
Sotanghon — variety of rice noodle, somewhat transparent when cooked
Steam — Cook over boiling liquid, in a closed container so that heat of steam is employed.
Tajure — fermented soy beans, caked
Talaba — oyster
Talakitok — cavalla
Talong — eggplant
Tausi — fermented soy beans
Togue — mongo sprouts
Tokua — soy bean curd
Toyo — soy sauce
Ubod — pith of coconut trunk
Ube — yam, usually violet in color
Upo — Bottle gourd
Vino blanco — white wine

* Achuete coloring or achuete water is the colored water that results after achuete seeds have been soaked a few minutes in it.

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